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ENTREE PRODUCTION GUIDES FOR
MODIFIED DIETS AT WALTER REED ARMY
MEDICAL CENTER.
PART I. CONSOLIDATED MODIFIED MEAT
ENTREES.

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G. A. Darsch,
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HOSPITAL FEEDING	BLAND DIETS													
20. ABSTRACT (Continue on reverse side if necessary and identify by block number) <p>Production guides suitable for cook/freeze hospital food service entrees for special diets have been developed. Included in this report are 19 entree production guides suitable for calorie restricted, Type II hyperlipoproteinemic (HLP) diabetic, bland diets, 9 entree production guides for sodium and/or calorie restricted, Type II HLP, diabetic bland diets, and 18 for sodium, restricted, calorie restricted, Type II HLP, diabetic bland diets. Also included are production guides for 5 sauces for calorie restricted, Type II</p>														

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HLP, diabetic bland diets, 3 for sodium and/or calorie restricted, Type II HLP, diabetic, bland diets and 5 for sodium restricted, calorie restricted, Type II HLP, diabetic bland diets.

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PREFACE

This project was completed at the U.S. Army Natick Research and Development Command at the request of personnel of the Walter Reed Army Medical Center and was funded under Intra-Army Order for Reimbursable Services No. S 49193-7008.

The authors wish to thank the Analytical Branch of the Food Science Laboratory for performing the nutritional analyses. The assistance of Mr. Robert Scott and Miss Melanie Piscia in carrying out the sensory evaluations is also appreciated.

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FOREWORD

Cook-freeze systems are becoming increasingly important in the Armed Forces feeding systems, as well as in hospital feeding, both military and non-military. The construction of a new Walter Reed Army Medical Center (WRAMC) using a cook-freeze system resulted in the development at the U.S. Army Natick Research and Development Command (NARADCOM) of 38 guides designed for this system. These guides, published in Technical Report NATICK/TR-77/005¹, were designed for regular hospital feeding, either for patients on nonrestricted diets or for cafeteria use. Other production guides for military cook/freeze systems have been published at NARADCOM.^{2, 3, 4, 5, 6}

At the request of personnel at WRAMC, production guides for modified or restricted diets have been developed at NARADCOM. The dietary restrictions follow the guidelines prescribed by the dietary staff at WRAMC. The requests for production guides for entrees fall into five major categories, each of which are the subjects of Technical Reports:

¹R. Young, C. Shaw, G. Darsch, J. Tuomy and G. Walker; Meat and Fish Entree Item Production Guides Prepared for Walter Reed Army Medical Center. NATICK/TR-77-005 (FEL 77-004) April 1977 (AD A004 476).

²R. Helmer, H. Schlup; Meat Entree Production Guides Developed for Use in Fort Lee Interim Central Food Preparation Facility. NATICK/TR-74-27 (FEL) March 1975 AD A009 733).

³A. Rahman, H. Gorfein, N. Kelley, G. Schafer, W. Swantak and D. Westcott; Production Guides for Vegetables, Entrees, Soup, Desserts, Pastries and Salads Developed for Use in Central Food Preparation Facility. NATICK/TR-75-35 (FEL 13) September 1974 (AD A001 725).

⁴A. Rahman, H. Schlup, G. Schafer, W. Swantak and N. Kelley; Production Guides for Meat and Vegetable Entrees and Desserts Developed for Use in the Frozen Foil Pack Feeding System, F.E. Warren Air Force Base. NATICK/TR-70-20 (FEL) February 1976(AD 694 354).

⁵J. Tuomy, G. Walker, L. Hinnergardt; Pilot Plant Production of Frozen Entree Items for the Navy. NATICK/TR-76-31A (FEL 59) September 1976 (AD A031 327).

⁶G. Walker, J. Tuomy, C. Kanter; Egg Products for Use in a Cook/Freeze System. NATICK/TR-76-28 (FEL 57) August 1976 (AD A031 327).

Part I: Consolidated Modified Meat Entree Production Guides⁷ for patients on:

- a. Calorie restricted, type II, hyperlipoproteinemia* diabetic, bland diets.
- b. Sodium restricted, calorie restricted, type II, hyperlipoproteinemia, diabetic, bland diets.

Part II: Pureed Bland Entree Production Guides⁸ for patients unable to chew regular entrees.

Part III: Dental Liquid Entree Production Guides⁹ for patients on a liquid diet.

Part IV: Meat Substitute Entrees¹⁰ for patients not desiring to eat meat, fish, or poultry.

Part V: Renal diet items¹¹ for patients with restricted protein, potassium and sodium intake.

⁷ C. Shaw, G. Darsch, G. Legris, Y. Masuoka and J. Tuomy; Entree Production Guides for Modified Diets at Walter Reed Army Medical Center, Part I: Consolidated Modified Meat Entrees. NATICK/TR-79/010, 1979.

⁸ C. Shaw, V. Loveridge, G. Darsch and J. Tuomy; Entree Production Guides for Modified Diets at Walter Reed Army Medical Center, Part II: Pureed Bland Entrees. NATICK/TR-79/011, 1979.

⁹ C. Shaw, V. Loveridge, G. Darsch, and J. Tuomy; Entree Production Guides for Modified Diets at Walter Reed Army Medical Center, Part III: Dental Liquid Entrees. NATICK/TR-79/012, 1979.

¹⁰ G. Darsch, R. Young, C. Shaw and J. Tuomy; Entree Production Guides for Modified Diets at Walter Reed Army Medical Center, Part IV: Meat Substitute Entrees. NATICK/TR-79/015, 1979.

¹¹ J. McNutt, M. Branagan, J. McPhee, L. Albertini and M. Klicka; Entree Production Guides for Modified Diets at Walter Reed Army Medical Center, Part V: Renal Diets. NATICK/TR-79/014, 1979.

* Type II hyperlipoproteinemia diets are low in unsaturated fats and cholesterol. Because these diets are also restricted in calories, all fats have been restricted.

The first section, Part I, of modified diets consolidates several different types of diet restrictions, thus allowing the hospital to drastically reduce the number of special diets needed. By careful formulation, these products have retained high flavor quality. The second section, Part II, includes diets designed to upgrade the quality and vary the types of pureed diluted foods or commercial baby foods that are usually served to patients requiring a bland diet of pureed consistency. The third type of diet in Part III, the dental liquid, represents a totally new concept in liquid feeding. The production guides in this section make up liquid foods having the taste of a regular entree. Thus, instead of drinking sweet milkshake-type products, a patient can order such liquids as chicken curry, ham with raisin sauce, or veal paprika. The fourth section, Part IV, contains production guides for entrees not containing meat, fish, or poultry. These are designed for the increasing numbers of vegetarian patients. Part V, renal diets, consists of eight very carefully weighed entrees and one dessert. These items are designed to give some variety in the diet for the patient with renal dysfunction where calories, protein, sodium, and potassium need to be carefully monitored.

For use in the WRAMC facility, all of the production guides except those for the renal diets have been written in 100-portion servings using both English and metric units and English volumes of liquids. Percentages of each ingredient are given to allow easy conversion to various sized batches. In order that these guides may be helpful to smaller military hospitals, ten serving portions are given, using common, (US customary) kitchen measurements. Production guides for the renal diets are based on percentages, twenty-five portions in both metric and customary units and one-portion servings in metric units. Directions for serving the products without the freezing process are given for the benefit of small hospitals which may not have freezing capabilities.

INTRODUCTION

The modified meat entree production guides published in this section consist of formulations suitable for patients on calorie restricted (Cal/R), Type II hyperlipoproteinemia (HLP), diabetic or bland diets. Also included are formulations for patients needing one or more of these restrictions as well as a sodium restricted (Na/R) diet. The products are designed to consolidate the myriad of dietary regimens often found in hospital feeding. Because of this consolidation of the special diets at the Walter Reed Army Medical Center (WRAMC), the number of special diets will be reduced dramatically and will result in a significant reduction in labor and energy costs. Under this consolidation, a patient on a diabetic or bland diet, for example, would ordinarily receive an entree that is also restricted in fat, cholesterol and calories.

The differential treatment of sodium-calorie restricted and calorie only restricted diets should be noted. While the Na/R, Cal/R, Type II HLP, diabetic, bland diet could be used by patients not requiring a sodium restricted diet, the unnecessary elimination of sodium from such a diet does limit the formulation of such a product. Although palatable low sodium products have been made, in most instances the use of salt does enhance the flavor of the item. Therefore, the consolidation of sodium and calorie restricted diets was made only on certain products, usually meats without sauces, in which the addition of salt during preparation does not notably effect the final flavor quality.

In formulating the modified meat entrees, two considerations were paramount.

1. The flavor quality of the food should not be adversely affected by the dietary restrictions, and
2. Adequate nutritive value would be present.

The first consideration is reflected in Table 1 which contains sensory evaluations of the prototype formulations* of the Cal/R, Type II HLP, diabetic, bland products. Careful formulation using herbs and other allowable seasonings resulted in products that are very flavorful and unlike most restricted diet foods. Table 2 shows the nutritional data on these products.

Many of the gravies or sauces used with the modified meat entrees may be used with more than one item. Therefore they are grouped separately in this report. Following is the order in which the guides are grouped:

- A. Production guides for Cal/R, Type II HLP, diabetic, bland meat entrees.
- B. Production guides to be used for both Na/R and Cal/R, Type II HLP, diabetic, bland diets.

C. Production guides for Na/R, Cal/R, Type II, HLP, diabetic, bland entrees.

D. Production guides for Cal/R, Type II HLP, diabetic bland gravies and sauces.

E. Production guides for sauces for both Na/R and Cal/R diets.

F. Production guides for Na/R, Cal/R, Type II HLP, diabetic, bland gravies and sauces

Within Sections A and B, the production guides are grouped according to the type of meat used.

* minor modifications or improvements were made in some production guides after the initial sensory evaluations.

PROCEDURE

A list of 52 entrees desired for modified diets was sent to NARADCOM by WRAMC personnel. Of these 52 products, 25 were to be Cal/R, Type II, HLP, diabetic, bland entrees, 24 were to be Na/R, Cal/R, Type II HLP, diabetic bland products and three were to be used for both Na/R and Cal/R diets. At NARADCOM, it was decided to consolidate six more entrees for use on both Na/R and Cal/R diets; so a total of 46 modified entree production guides have been written. To insure sufficient protein in each entree, three ounces of cooked meat, fish, or poultry were included per serving.

Small batches of each WRAMC recipe, reformulated to adapt to a cook-freeze system and incorporating the restrictions necessiated by the special diets were prepared by food technologists at NARADCOM. When acceptable formulations were developed, larger scale production batches were made. The Cal/R, Type II HLP, diabetic, bland entrees, as well as those used for both Cal/R and Na/R diets, were subjected to a formal sensory evaluation by food technologists who rated the products for color, odor, flavor, texture and appearance. Results may be found in Table 1. The Na/R, Cal/R, Type II, HLP, diabetic, bland products were informally evaluated by food technologists. The same products were subjected to proximate nutritional analyses, results of which are in Table 2. Storage tests of these items are being undertaken, with products stored at 0°F (-18°C) and sensory evaluations being made at three, six, and twelve months. The results of these storage studies will be published upon completion and will be an indication of the shelf life of the entrees.

Because entrees without a sauce or gravy will be more vulnerable to oxidation, products without sauces were prepared with and without a one-percent carrageenan coating. Each item was dipped to apply approximately 10% by weight of coating. Results of the storage tests must be obtained before conclusions as to the efficacy of the coating are made. However, preliminary results indicate that the use of a coating may be advantageous.

Calorie restricted, Type II HLP, Diabetic, Bland Entree
Production Guides

BAKED SALISBURY STEAK WITH MUSHROOM SAUCE

Cal/R, Type II HLP, Diab, Bland

Each Portion

Meat 3-1/2oz (100 g)

Sauce 3 oz (85 g)

Ingredients	Percent	100 Portions		Volume (liquids)	10 Portions	
		Pounds	Grams		Weight	Measure
1. Milk, nonfat, dry	1.19	0.60	272			1/4 cup
Water	2.28	1.16	526	2 1/4 cups		1/4 cup
2. Eggs, frozen, whole	1.78	0.90	408	1 3/4 cup		8 2/3 tsp
3. Beef, lean, bone- less, ground 3/16"	50.42	25.57	11,599		2 lb 9 oz	
Bread crumbs	2.37	1.20	544			1/2 cup
Celery, chopped	1.19	0.60	272			8 2/3 tsp
Salt, table, iodized	0.09	0.05	23			1/3 tsp
4. Mushroom sauce, Cal/R, Type II HLP, Diab, Bland	40.68	20.63	9358	2.3 gal		3 2/3 cup
TOTALS	100.00	50.71	23,002			

BAKED SALISBURY STEAK WITH MUSHROOM SAUCE

Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

Meat Preparation

1. Mix nonfat, dry milk with water to disperse milk solids.
2. Thaw frozen eggs and beat to mix.
- 3a. Combine ingredients listed in sections 1, 2, and 3 of ingredients listing.
- b. Mix on low speed in mechanical mixer (Hobart or equivalent) for approximately 20 seconds or until ingredients are well dispersed. Do not overmix.
- c. Form into 4 1/2 oz (128 g) patties in Hollymatic or other forming equipment.
- d. Place on large baking sheets and cook in convection oven at 325°F (163°C) for approximately 10 minutes to an internal temperature of 160°F (71°C).
- e. Cool to about 50°F (10°C).
- f. Place one Salisbury steak in each individual container.

Sauce Preparation

- 4a. Prepare mushroom sauce according to Cal/R, Type II HLP, Diab, Bland Mushroom Sauce production guide.
- b. Pour 3 oz (85 g) sauce over each Salisbury Steak.
- c. Cover, label, and freeze.

BAKED SALISBURY STEAK WITH MUSHROOM SAUCE

Cal/R, Type II HLP, Diab, Bland

NOTES:

1. Formula includes a 10% overrun. Theoretical yield for 100 portions: 110 servings. Theoretical yield for 10 portions: 11 servings.

2. Formula is based on an 80% yield of Salisbury Steaks. Cooked weight of Salisbury Steaks for 100 portions should be approximately 24.1 lb (10.9 kg). For guidance, a 4 1/2 oz (128 g) raw steak should yield a 3 1/2 oz (100 g) cooked portion.

3. To serve without freezing, do not cool meat or sauce. Ladle 3 oz (85 g) of hot mushroom sauce over 3 1/2 oz (100 g) of Salisbury Steak for each portion.

4. Caloric value and fat content of the finished product are dependent on the fat content of the ground beef component.

BAKED SALISBURY STEAK WITH MUSHROOM SAUCE

Cal/R, Type II HLP, Diab, Bland

Ingredients

Dairy Foods and Eggs

1. Eggs, whole, frozen - NSN-8910-00-616-0051, Fed. C-E-00239, Type II, Kind a, Class 1.
2. Milk, nonfat, dry - NSN-8910-00-982-2779, Fed. C-M-00350, Type I, Style c.

Fruits and Vegetables

3. Celery, fresh - NSN-8915-00-926-4925, Fed. HHH-V-1744/12

Bakery and Cereal Products

4. Bread crumbs - NSN-8920-00-464-2224, MIL-F-3501.

Condiments and Related Products

5. Salt, table, iodized - NSN-8950-00-262-8886, Fed. SS-S-31.

Special Procurement

6. Beef, lean, boneless, ground, 3/16".

Mushroom Sauce

7. See Cal/R, Type II HLP, Diab, Bland Mushroom Sauce production guide.

BEEF STEW

Cal/R, Type II HLP, Diab, Bland

Each Portion

8 oz (227 g)

Ingredients	Percent	100 Portions		Volume (liquids)	10 Portions	
		Pounds	Grams		Weight	Measure
1. Beef, diced, Lean	49.18	33.27	15,091 *		3 lb 5 oz	
2. Carrots, frozen, sliced	2.61	1.77	803			1/2 cup
Beans, green, frozen	2.61	1.77	803			2/3 cup
3. Water or beef broth	32.323	21.855	9913	2 1/2 gal		4 cup
Tomatoes, whole, canned	5.43	3.67	1664			3/4 cup
Celery, fresh, diced	2.28	1.54	698			1/2 cup
Soup and gravy base, beef	1.42	0.96	435			1/4 cup
Caramel color, powdered	0.01	0.01	4			1/8 tsp
Celery, ground	0.01	0.01	4			1/4 tsp
Bay, ground	0.004	0.003	1			1/8 tsp (pinch)
Mace, ground	0.003	0.002	1			1/8 tsp (pinch)
4. Starch, Col-Flo 67	1.00	0.68	308			1/4 cup
Flour, wheat, general purpose	0.50	0.34	154			5 1/4 tsp
5. Peas, green frozen	2.62	1.77	803			1/2 cup
TOTALS	100.00	67.65	30,682			
			22			

BEEF STEW

Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

Meat Preparation:

- 1a. Place beef, diced, trimmed in deep pans. Heat in convection oven at 450°F (232°C) until well browned, turning frequently.
- b. After browning, remove meat from convection oven, partially fill pans with water, cover and steam until tender at 15 psi (103 kPa) to an internal temperature of 160°F (71°C).
- c. Drain liquid (broth) and reserve. (see Note 4).
- d. Cool meat to about 50°F (10°C).
- e. Place 3 oz (85 g) of meat into individual containers.

Gravy Preparation:

2. Steam sliced carrots and green beans until barely tender. Hold for step 5a.
- 3a. Combine ingredients listed in section 3 of ingredient listing, reserving some water or broth for step 4a.
 - b. Mix well.
 - c. Heat to 160°F (71°C).
- 4a. Make a starch-flour slurry using water or broth from step 3a. When making a slurry using flour, the liquid should always be added to the dry ingredients.
 - b. Add to above.
 - c. Heat to 180°F (82°C).
- 5a. Add green peas from section 5 of ingredient listing as well as carrots and green beans from step 2 above. Mix gently
 - b. Add back water to maintain formula weight or volume.
 - c. Chill gravy to about 50°F (10°C).
 - d. Pour 5 oz (142 g) of gravy over meat in individual containers.
 - e. Cover, label, and freeze.

BEEF STEW

Cal/R, Type II HLP, Diab, Bland

NOTES:

1. Formula includes a 10% overrun. Theoretical yield for 100 portions: 110 servings. Theoretical yield for 10 portions: 11 servings.
2. Formula is based on a 62% yield for trimmed diced beef. Cooked weight of beef for 100 portions should be approximately 20.6 lb (9.3 kg).
3. Final weight of gravy for 100 servings is 34.4 lb (15.6 kg). Final volume of gravy for 100 servings is 3.9 gal (14.7 L). One gallon (3.8 L) weighs 8.7 lb (3.9 kg).
4. In the event that the broth from the meat steaming operation can be saved, this broth should be used in satisfying the water requirement in section 3.
5. To serve without freezing, follow directions 1a through 1c and 2 through 4b. Combine cooked beef and gravy in a kettle, heat to 160°F (71°C) and simmer for 20 minutes to blend flavors. Add back water to maintain total formula weight. For 100 servings total formula weight is approximately 55 lb (24.9 kg).
6. Caloric value and fat content of the finished product are dependent on the fat content of the meat component and the degree to which the meat is trimmed of fat.

BEEF STEW

Cal/R, Type II HLP, Diab, Bland

Ingredients

Fruits and Vegetables

1. Beans, green, frozen - NSN-8915-00-082-5594. US Grade A Fed. HHH-V-1745/2.
2. Carrots, frozen, sliced - NSN-8915-00-162-5087, Fed. HHH-V-1745/6 style IV.
3. Celery, fresh - NSN-8915-00-926-4925, Fed. HHH-V-1744/12.
4. Peas, frozen NSN-8915-00-082-5601. US Grade A Fed. HHH-V-1745/14.
5. Tomatoes, canned, whole - NSN-8915-00-221-0361. US Grade A. Fed. JJJ-V-1746/20.

Cereal and Bakery Products

6. Flour, wheat, general purpose - NSN-8920-00-140-7748, Fed. N-F-00481, Type III, Class B, style 2.

Soups and Boullions

7. Soup and Gravy base, instant, beef flavored - NSN-8935-00-753-6423. Fed. EE-B-575, Type I, class 1, style A.

Condiments and Related Products

8. Mace, ground - NSN-8950-00-170-9568. Fed. EE-S-631.

Special Procurement

9. Bay leaves, ground.
10. Beef, diced, lean.
11. Caramel color, powdered.
12. Celery seed, ground.
13. Starch, Col-Flo 67.

Cal/R, Type II HLP, Diab, Bland

Meat	3 oz	(85 g)
Sauce	3 oz	(85 g)

ITALIAN MEAT BALLS WITH TOMATO SAUCE

Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

Meat Preparation

- 1a. Combine ingredients in section 1 of ingredients listing in a mixer (Hobart or equivalent).
- b. Mix for one minute at low speed.
- c. Form into 1-oz (28 g) meat balls.
- d. Place on baking sheets and bake in convection oven at 325°F (163°C) for approximately 10 minutes to an internal temperature of 160°F (71°C).
- e. Cool to about 50°F (10°C).
- f. Place four meat balls in each individual container.

Sauce Preparation

- 2a. Prepare tomato sauce according to Cal/R, Type II HLP, Diab, Bland Tomato Sauce Production Guide.
- b. Pour 3 oz of sauce over meat balls in each individual container.
- c. Cover, label, freeze.

NOTES:

1. Formula includes 10% overrun. Theoretical yield for 100 portions: 110 servings. Theoretical yield for 10 portions: 11 servings.
2. Formula is based on a 75% yield of meat balls. Cooked weight of meat balls for 100 portions should be approximately 20.6 lb (9.3 kg).
3. To serve without freezing do not cool meat balls or sauce. Ladle 3 oz (85 g) of hot sauce over four hot meat balls for each portion.
4. Caloric value and fat content of the finished product is dependent on the fat content of the meat component.

ITALIAN MEAT BALLS WITH TOMATO SAUCE

Cal/R, Type II HLP, Diab, Bland

Ingredients

Dairy Foods and Eggs

1. Eggs, whole, frozen - NSN-8910-00-616-0051. Fed. C-E-00230, Type II, Kind a, Class 1.

2. Milk, skim, homogenized - NSN-8910-00-753-6368. Fed. C-M-001678, Class 2.

Bakery and Cereal Products

3. Bread, crumbs, breading - NSN-8920-00-464-2224, Mil-F-3501.

Condiments and Related Products

4. Basil, sweet, ground - NSN-8950-00-404-6066. Fed. EE-S-631, Type II.

5. Oregano, ground - NSN-8950-00-582-1402. Fed. EE-S-631, Type II.

6. Salt, table, iodized - NSN-8950-00-262-8886, Fed. SS-S-31.

Special Procurement

7. Beef ground, lean, 3/16" grind

Tomato Sauce

8. See Cal/R, Type II HLP, Diab, Bland, Tomato Sauce Production Guide.

Cal/R, Type II HLP, Diab, Bland

Each Portion

Meat	3 oz	(85 g)
Sauce	3 oz	(85 g)

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ROAST BEEF WITH VEGETABLE SAUCE

Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

Meat Preparation

- 1a. Place well trimmed top round roasts in oven and roast at 350°F (176°C) to an internal temperature of 145°F (63°C).
- b. Cool meat to about 50°F (10°C)
- c. Slice meat into 1/16 in. 1.6 mm slices.
- d. Place 3 oz (85 g) of meat in individual containers.

Sauce Preparation

- 2a. Prepare vegetable sauce according to Cal/R, Type II, HLP, Diab, Bland Vegetable Sauce Production Guide
- b. Pour 3 oz (85 g) sauce over meat in individual containers.
- c. Cover, label, and freeze.

NOTES:

1. Formula includes a 10% overrun. Theoretical yield for 100 portions: 110 servings. Theoretical yield for 10 portions: 11 servings.
2. Formula is based on 70% yield of beef. Cooked weight of beef for 100 portions should be approximately 20.6 lb (9.3 kg).
3. To serve without freezing, do not cool sauce. Allow roasts to stand at room temperature for approximately 20 minutes to facilitate slicing. Ladle 3 oz (85 g) of hot sauce over 3 oz (85 g) warm meat.
4. Caloric value and fat content of the finished product is dependent on the fat content of the meat component and the degree to which the meat is trimmed of fat.

ROAST BEEF WITH VEGETABLE SAUCE

Cal/R, Type II HLP, Diab, Bland

Ingredients

Sauce

1. See Cal/R, Type II HLP, Diab, Bland Vegetable Sauce Production Guide

Special Procurement

2. Beef, top (inside) round, well trimmed.

STEAK BRAISED WITH MUSHROOMS

Each Portion

Meat 3 oz (85 g)
Sauce 3 oz (85 g)

Ingredients	Percent	100 Portions		Volume (liquids)	10 Portions	
		Pounds	Grams		Weight	Measure
1. Beef steaks, minute	56.56	27.50	12,474		2 lb 12 oz	
Salad oil	1.03	0.50	227	1 cup		5 tsp
2. Mushroom sauce, Cal/R, Type II HLP, Diab, Bland	42.41	20.62	9353	2.1 gal		3 1/3 cups
TOTALS	100.00	48.62	22,054			

STEAK BRAISED WITH MUSHROOMS

Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

Meat Preparation

- 1a. Tenderize beef steak in meat tenderizer (cubing-type) by passing the steak through twice, once with the grain and once against the grain.
- b. Grill on lightly oiled grill to an internal temperature of 145°F (63°C).
- c. Place one steak in each individual container.

Sauce Preparation

- 2a. Prepare mushroom sauce according to referenced Cal/R, Type II HLP, Diab, Bland Mushroom Sauce Production Guide.
- b. Pour 3 oz (85 g) of sauce over meat in individual containers.
- c. Cover, label, and freeze.

NOTES:

1. Formula includes 10% overrun. Theoretical yield for 100 portions: 110 servings. Theoretical yield for 10 portions: 11 servings.
2. Formula is based on a 75% yield of beef; cooked weight of beef for 100 portions should be approximately 20.6 lb (9.3 kg). (For guidance, a 4 oz (113 g) steak should yield a 3 oz (85 g) cooked portion.)
3. The pounds of meat specified in the formula are only a guide: use count of steaks to assure 100 portions.
4. To serve without freezing, do not cool meat or sauce. Ladle 3 oz (85 g) of hot sauce over 3 oz (85 g) of hot meat.
5. Caloric value and fat content of the finished product is dependent on the fat content of the meat component and the degree to which the meat is trimmed of fat.

STEAK BRAISED WITH MUSHROOMS

Cal/R, Type II HLP, Diab, Bland

Ingredients

Fats and Oils

1. Salad Oil - NSN-8945-00-616-0082, Fed. JJJ-S-30, Type B.

Mushroom Sauce

2. See referenced Cal/R, Type II HLP, Diab, Bland Mushroom Sauce Production Guide.

Special Procurement

3. Beef steaks, minute.

YANKEE POT ROAST

Cal/R, Type II HLP, Diab, Bland

Each Portion

Meat 3 oz (85 g)
Gravy 3 oz (85 g)

Ingredients	Percent	100 Portions		Volume (liquids)	10 Portions	
		Pounds	Grams		Weight	Measure
1. Beef, top round	58.81	29.40	13,336		2 lb 15 oz	
2. Carrots, fresh or frozen 1/4 in (6 mm), sliced	8.00	4.00	1814			1 1/4 cup
3. Tomatoes, canned, puree	11.00	5.50	2495	2 3/4 qt		1 cup
Water & broth	19.69	9.85	4468	1 1/4 gal		1 3/4 cup
Soup and gravy base, beef	1.30	0.65	295			7 1/4 tsp
Allspice, ground	0.03	0.015	7			1/4 tsp
Parsley, dehydra- ted	0.03	0.015	7			3/4 tsp
Bay leaves, ground	0.02	0.01	5			1/4 tsp
Thyme, ground	0.02	0.011	5			1/4 tsp
4. Starch, Col-Flo 67	0.70	0.35	159			5 1/2 tsp
Flour, wheat, general purpose	0.40	0.20	91			1 tbsp
TOTALS	100.00	50.00	22,682			

YANKEE POT ROAST

Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

Meat Preparation

1a. Place well trimmed roasts in oven and roast at 350°F to an internal temperature of 145°F (63°C).

b. Cool roasts to about 50°F (10°C).

c. Slice meat into 1/16 in. (0.16 cm) slices.

d. Place 3 oz (85 g) of meat into individual containers.

2. Cook carrots in boiling water until slightly tender. Hold for step 4c.

Gravy Preparation

3a. Combine ingredients listed in section 3 of ingredients listing reserving some water for step 4a.

b. Heat to 160°F (71°C).

4a. Make a starch slurry using water reserved from 3a.

b. Add to above and heat to 180°F (82°C).

c. Add carrots (drained) from step 2.

d. Add back water to maintain formula weight or volume.

e. Cool gravy to about 50°F (10°C).

f. Pour 3 oz gravy (85 g) over meat in individual containers.

g. Cover, label, and freeze.

YANKEE POT ROAST

Cal/R, Type II HLP, Diab, Bland

NOTES:

1. Formula includes a 10% overrun. Theoretical yield for 100 portions is 110 servings. Theoretical yield for 10 portions is 11 servings.
2. Formula is based on 70% yield of beef. Cooked weight of beef for 100 portions should be approximately 20.6 lb (9.3 kg).
3. Frozen precooked carrots may be substituted without further cooking.
4. Final weight of gravy for 100 servings is 21.5 lb (9.7 kg). Final volume of gravy of 100 servings is 2.4 gal (9.2 L). One gallon (3.8 L) weighs 9.0 lb (4.1 kg).
5. To serve without freezing, do not cool gravy. Allow roasts to stand at room temperature for approximately 20 minutes to facilitate slicing. Ladle 3 oz (85 g) of hot gravy over 3 oz (85 g) of warm meat.
6. Caloric value and fat content of the finished product is dependent on the fat content of the meat component and the degree to which the meat is trimmed of fat.

YANKEE POT ROAST

Cal/R, Type II HLP Diab Bland

Ingredients

Vegetables

1. Carrots, fresh - NSN-8915-00-127-8019, Fed. HHH-V-1744/10 or Carrots, frozen, sliced - NSN-8915-00-162-5087, Fed. HHH-V-1745/6 Style 4.
2. Parsley, dehydrated - NSN-8915-00-975-0530, MIL-P-35090.

Cereal and Bakery Products

3. Flour, wheat, general purpose - NSN-8920-00-140-7748, Fed. N-F-00481, Type III, Class B, style 2.

Soups and Boullion

4. Soup and gravy base, instant, beef flavored - NSN-8935-00-753-6423, Fed. EE-B-575, Type 1, Class 1, Style A.

Condiments and Related Products

5. Allspice, ground - NSN-8950-00-170-9562, Fed. EE-S-631, Type II.
6. Thyme, ground - NSN-8950-00-616-5483, Fed. EE-S-631, Type II.

Special Procurement

7. Bay leaves, ground
8. Beef, round, frozen, trimmed
9. Starch, Col-Flo 67
10. Tomatoes, canned, puree

Fish 3 1/4 oz (92 g)
Sauce 3 oz (85 g)

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CREOLE HALIBUT

Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

Fish Preparation

- 1a. Spray sheet pans lightly with vegetable shortening.
- b. Place halibut steaks on sheet pans in single layers.
- c. Cook in convection oven at 325°F (163°C) for approximately 15 minutes to an internal temperature of 160°F (71°C). Do not overcook.
- d. Cool to about 50°F (10°C).
- e. Place 3 1/4 oz (92 g) steak portions in individual containers.

Sauce Preparation

- 2a. Prepare Creole Sauce according to Cal/R, Type II HLP, Diab, Bland Creole Sauce Production Guide.
- b. Pour 3 oz (85 g) sauce over fish in individual containers.
- c. Cover, label, and freeze.

NOTES:

1. Formula includes a 10% overrun. Theoretical yield for 100 portions: 110 servings. Theoretical yield for 10 portions: 11 servings.
2. Formula is based on an 85% yield of halibut. Cooked weight of halibut for 100 portions should be approximately 22.3 lb (10.1 kg), including bone. (For guidance, a 3.8 oz (108 g) raw halibut steak should yield a 3 1/4 oz (92 g) cooked steak. Approximately 1/4 oz (7.0 g) of bone will be present in each steak.)
3. To serve without freezing, do not cool fish or sauce. Ladle 3 oz (85 g) hot sauce over 3 1/4 oz (92 g) hot fish portion.

CREOLE HALIBUT

Cal/R, Type II HLP, Diab, Bland

Ingredients

Fish

1. Halibut, frozen, steak - NSN-8905-00-252-7669, Fed. PP-F-381, Type II, Form IV.

Creole Sauce

2. See Cal/R, Type II HLP, Diab, Bland Creole Sauce Production Guide.

Cal/R, Type II HLP, Diab, Bland

Fish 3 oz (85 g)
Sauce 2 oz (57 g)

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LEMON BAKED PERCH

Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

Fiah Preparation

1a. Place perch in a single layer on racks in deep pans. Partially fill pans with water, keeping the level of water below the level of fish. Cover and steam to an internal temperature of 150°F (65°C).

b. Cool to about 50°F (10°C).

c. Fill individual containers with 3 oz (85 g) of fish.

Sauce Preparation

2a. Combine ingredients listed in section 2 of ingredients listing.

b. Heat to 180°F (82°C).

c. Remove from heat.

3a. Add lemon extract from section 3 of ingredients listing.

b. Mix well.

c. Cool sauce to about 50°F (10°C).

d. Pour 2 oz (57 g) of sauce over fish in individual containers.

4a. Sprinkle paprika over fish.

b. Cover, label and freeze.

NOTES:

1. Formula includes 10% overrun. Theoretical yield for 100 portions: 110 servings. Theoretical yield for 10 portions: 11 servings.

2. Formula is based on a 78% yield of perch. Weight of cooked perch for 100 portions should be approximately 20.6 lb (9.3 kg).

3. Final weight of sauce for 100 servings is 13.8 lb (6.2 kg). Final volume of sauce for 100 servings is 1.6 gal (6.0 L). One gallon (3.8 L weighs 8.5 lb (3.8 kg).

4. To serve without freezing do not cool perch or sauce. Ladle 2 oz (57 g) of hot sauce over 3 oz (85 g) hot perch and garnish with paprika.

5. Additional flavoring may be obtained by adding 3% sherry flavoring.

LEMON BAKED PERCH

Cal/R, Type II HLP, Diab, Bland

Ingredients

Meat, Fish and Poultry

1. Perch, frozen, fillets - NSN-8905-00-164-0485, Fed. PP-F-00381.
Type II, Form III (1) (a).

Fruits and Vegetables

2. Juice, lemon, frozen - NSN-8915-00-411-2676, MIL-J-11174.

Condiments and Related Products

3. Paprika, ground - NSN-8950-00-170-9563, Fed. EE-S-631.
4. Salt, table, iodized - NSN-8950-00-262-8886, Fed. SS-S-631.

Special Procurement

5. Butter substitute, "Insta-butter", American Family Products, Inc., Melrose Park, Illinois or equivalent.
6. Extract, lemon.
7. Starch, Col-Flo 67.

SALMON PATTIES WITH LEMON SAUCE

Cal/R, Type II HLP, Diab, Bland

Each Portion

2 Patties 3½ oz (100 g)
Sauce 2 oz (57 g)

Ingredients	Percent	100 Portions		Volume (liquids)	10 Portions	
		Pounds	Grams		Weight:	Measure
1. Salmon, canned water packed	46.12	19.02	8627		1 lb 14 oz	
Bread Crumbs	8.97	3.70	1678			1 1/2 cup
Egg, frozen, whole	7.27	3.00	1361	1/3 gal		2/3 cup
Celery, fresh, diced	3.25	1.34	608			1/2 cup
Juice, lemon reconstituted	0.92	0.38	172	3/4 cup		3 2/3 tsp
Liquid smoke (C-3)	0.14	0.06	27	2 tbsp		1/2 tsp
2. Lemon Butter Sauce Cal/R, Type II HLP, Diab, Bland	33.33	13.75	6237	1.5 gal		2 1/3 cup
TOTALS	100.00	41.25	18,710			

SALMON PATTIES WITH LEMON SAUCE

Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

Patties Preparation

- 1a. Place ingredients in section 1 of ingredients listing in a mixer.
- b. Mix until ingredients are well blended. Do not overmix.
- c. Chill to about 50°F (10°C).
- d. Form into 2 oz (57 g) patties using Hollymatic or equivalent forming equipment.
- e. Spray sheet pans lightly with vegetable shortening.
- f. Place patties on sheet pans and bake in a convection oven at 325°F (163°C) to an internal temperature of 160°F (71°C).
- g. Remove from oven and cool to about 50°F (10°C).
- h. Place two 3 1/2 oz (100 g) patties in each individual container. Hold for step 2c.

Sauce Preparation

- 2a. Prepare Lemon Sauce according to Cal/R, Type II HLP, Diab, Bland Lemon Sauce Production Guide.
- b. Pour 2 oz (57 g) sauce over salmon patties in individual containers.
- c. Cover, label, and freeze.

NOTES:

1. Formula includes a 10% overrun. Theoretical yield for 100 portions: 110 servings. Theoretical yield for 10 portions: 11 servings.
2. Formula is based on 87% yield of salmon patties. Cooked weight of salmon patties for 100 servings (200 patties) should be approximately 24 lb (10.9 kg). For guidance, a 2 oz (57 g) raw patty should yield a 1 3/4 oz (50 g) cooked patty.

SALMON PATTIES WITH LEMON SAUCE

Cal/R, Type II HLP, Diab, Bland

NOTES: Continued

3. The pounds specified in the formula are only a guide: use count of patties to assure adequate portions.

4. To serve without freezing, do not cool patties or sauce. Ladle 2 oz (57 g) of hot sauce over 3 1/2 oz (100 g) of hot patties.

SALMON PATTIES WITH LEMON SAUCE

Cal/R, Type II HLP, Diab, Bland

Ingredients

Meat, Fish and Poultry

1. Salmon, canned - NSN-8905-00-543-7941. Fed. PP-S-31. Species (b).

Dairy Foods and Eggs

2. Eggs, whole, frozen - NSN-8910-00-616-0051. Fed. C-E-00230
Type II, Kind a, Class 1.

Fruits and Vegetables

3. Celery, fresh - NSN-8915-00-926-4925. Fed. HHH-V-1744/12.
4. Juice, lemon, frozen - NSN-8915-00-411-2676, M 1-J-11174.

Bakery and Cereal Products

5. Bread crumbs - NSN-8920-00-464-2224, MIL-F-3501.

Special Procurement

6. Liquid smoke C-3.

Lemon Sauce

7. See Cal/R, Type II HLP, Diab, Bland Lemon Sauce Production Guide.

TUNA PATTIES WITH LEMON SAUCE
Cal/R, Type II HLP, Diab, Bland

Each Portion
2 Patties 3½ oz (100 g)
Sauce 2 oz (57 g)

Ingredients	Percent	100 Portions		Volume (liquids)	10 Portions	
		Pounds	Grams		Weight	Measure
1. Tuna, canned, water packed	41.70	17.21	7806		1 lb 12 oz	
Eggs, whole, frozen	9.21	3.80	1724	7 cup	6 oz	
Celery, fresh, diced	6.40	2.64	1198			¾ cup
Breadcrumbs	5.24	2.16	980			¾ cup
Water	2.69	1.11	503	2 cup		¼ cup
Juice, lemon, reconstituted	1.00	0.41	186	¾ cup		4 tsp
Salt, table, iodized	0.32	0.13	59			1 tsp
Dill, ground	0.10	0.04	18			¾ tsp
Monosodium glutamate	0.01	0.004	2			¼ 1/8 tsp (pinch)
2. Lemon Butter Sauce Cal/R, Type II HLP Diab, Bland	33.33	13.75	6237	1.5 gal		2 ½ cup
TOTALS	100.00	41.254	18,713			

TUNA PATTIES WITH LEMON SAUCE

Cal/R, Type II, HLP, Diab, Bland

PROCEDURE:

Patties Preparation

- 1a. Place ingredients found in section 1 of ingredients listing in a mixer.
- b. Mix until ingredients are well blended. Do not overmix.
- c. Chill to about 50°F (10°C).
- d. Form into 2 oz (57 g) patties using Hollymatic or equivalent forming equipment.
- e. Spray sheet pans lightly with vegetable shortening.
- f. Place patties on sheet pans and bake in a convection oven at 325°F (163°C) to an internal temperature of 160°F (71°C).
- g. Remove from oven and cool to about 50°F (10°C).
- h. Place two 3 1/2 oz (100 g) patties in each individual container. Hold for step 2c.

Sauce Preparation

- 2a. Prepare Lemon Sauce according to Cal/R, Type II, Diab, Bland Lemon Sauce Production Guide.
- b. Pout 2.0 oz (57 g) sauce over tuna patties in individual containers.
- c. Cover, label, and freeze.

NOTE:

1. Formula includes a 10% overrun. Theoretical yield for 100 portions: 110 servings. Theoretical yield for 10 portions: 11 servings.
2. Formula is based on 87% yield of tuna patties. Cooked weight of tuna patties for 100 servings (200 patties should be approximately 24 lb (10.9 kg). For guidance a 2 oz (57 g) raw patty should yield a 1 3/4 (50 g) cooked patty.
3. The pounds specified in the formula are only a guide: use count of patties to assure adequate portions.

TUNA PATTIES WITH LEMON SAUCE

Cal/R, Type II HLP, Diab, Bland

NOTES: Continued

4. To serve without freezing, do not cool patties or sauce. Ladle 3 oz (85 g) of hot sauce over 3 1/2 oz (100 g) of hot patties.

TUNA PATTIES WITH LEMON SAUCE

Cal/R, Type II HLP, Diab, Bland

Ingredients

Meat, Poultry and Fish

1. Tuna, canned - NSN-8905-00-935-3161. Fed. PP-T-771, Type I.

Dairy Foods and Eggs

2. Egg, whole, frozen - NSN-8910-00-616-0051. Fed. C-E-00230, Type II, Kind a, Class 1.

Fruit and Vegetables

3. Celery, fresh - NSN-8915-00-926-4925. Fed. HHH-V-1744/12.
4. Juice, lemon, frozen - NSN-8915-00-411-2676. MIL-J-11174.

Bakery and Cereal Products

5. Breadcrumbs - NSN-8920-00-464-2224. MIL-F-3501.

Condiments and Related Products

6. Monosodium glutamate - NSN-8950-00-263-2786. Fed. EE-M-591.
7. Salt, table, iodized - NSN-8950-00-262-8886. Fed. SS-S-31.

Special Procurement

8. Dill, ground.

Lemon Sauce

9. See Cal/R, Type II HLP, Diab, Bland Lemon Sauce Production Guide.

Cal/R, Type II HLP, Diab, Bland

Meat	3 oz (85 g)
Sauce	2 oz (57 g)

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BAKED HAM WITH CHERRY SAUCE

Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

Meat Preparation

1a. Roast ham in oven at 300°F (149°C) to an internal temperature of 155°F (68°C).

b. Cool meat to about 50°F (10°C).

c. Slice meat into 1/4 in (6 mm) thick slices.

d. Place 3 oz (85 g) of ham slices in individual containers.

Sauce Preparation

2a. Prepare Cherry Sauce according to Cal/R, Type II HLP, Diab, Bland Cherry Sauce Production Guide.

b. Pour 2 oz (57 g) sauce over meat in individual containers.

c. Cover, label, and freeze.

NOTES:

1. Formula includes a 10% overrun. Theoretical yield for 100 portions: 110 servings. Theoretical yield for 10 portions: 11 servings.

2. Formula is based on 85% yield of ham. Cooked weight of ham for 100 portions should be approximately 20.6 lb (9.3 kg).

3. To serve without freezing, do not cool meat or sauce. For each portion ladle 2 oz (57 g) of hot sauce over 3 oz (85 g) of ham slices.

4. Caloric value and fat content of the finished product is dependent on the fat content of the meat component and the degree to which the meat is trimmed of fat.

BAKED HAM WITH CHERRY SAUCE

Cal/R, Type II HLP, Diab, Bland

Ingredients

Meat

1. Ham, canned - NSN-8905-00-410-4670, Fed. PP-H-61, Type II.

Sauce

2. See Cal/R, Type II HLP, Diab Bland Cherry Sauce Production Guide.

CHICKEN CACCIATORE

Cal/R, Type II HLP, Diab, Bland

Each Portion

Chicken 3 oz (85 g)
Gravy 3 oz (85 g)

Ingredients	Percent	100 Portions		Volume (liquids)	10 Portions	
		Pounds	Grams		Weight	Measure
1. Chicken, cut-up legs, breasts, thighs	71.49	51.70	23,451		5 lb 3 oz	
2. Tomato puree (medium)	12.44	9.00	4082	4 qt		1 2/3 cup
Water and/or broth	11.30	8.17	3706	1 gal		1 1/2 cup
Mushrooms, canned cut-up, drained	3.47	2.51	1139			3/4 cup
Salt, table, iodized	0.33	0.24	109			1 1/2 tsp
Oregano, dehy- drated	0.04	0.03	14			3/4 tsp
Basil, dehydrated	0.01	0.01	5			1/4 tsp
3. Starch, Col-Flo 67	0.71	0.51	231			3 tbsp
Flour, wheat, general purpose	0.21	0.15	68			2 tsp
TOTALS	100.00	72.32	32,805			

CHICKEN CACCIATORE

Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

Chicken Preparation

- 1a. Steam chicken parts at 15 p.s.i (103 kPa) for approximately 20 minutes to an internal temperature of 160°F (71°C).
- b. Cool to about 80°F (27°C) to facilitate handling.
- c. Remove skin and bones from cooked chicken parts and cut chicken into approximately 1 to 2 in (25 to 50 mm) pieces.
- d. Cool chicken meat to about 50°F (10°C).
- e. Place 3 oz (85 g) of chicken in individual containers.

Gravy Preparation

- 2a. Combine ingredients listed in section 2 of ingredients listing, reserving some water or broth for step 3a.
- b. Heat to 160°F (71°C).
- 3a. Using ingredients listed in section 3 of ingredients listing, make a starch flour slurry with broth or water reserved from step 2a, add to ingredients from step 2a and heat to 180°F (82°C).
- b. Add back water or broth to maintain formula weight or volume.
- c. Cool gravy to about 50°F (10°C).
- d. Pour 3 oz (85 g) of gravy over chicken in individual containers.
- e. Cover, label, and freeze.

NOTES:

1. Formula includes 10% overrun. Theoretical yield for 100 portions: 110 servings. Theoretical yield for 10 portions: 11 servings.
2. Formula is based on 40% yield of chicken. This includes 70% yield from raw weight to cooked weight and 57% yield from cooked weight to edible meat. Cooked weight of edible meat for 100 portions should be approximately 20.6 lb (9.3 kg).

CHICKEN CACCIATORE

Cal/R, Type II HLP, Diab, Bland

NOTES: Continued

3. In the event that the broth from the chicken-steaming operation can be saved, this broth should be used in satisfying the water requirement in section 2.

4. Final weight of gravy for 100 servings is 20.6 lb (9.3 kg). Final volume of gravy for 100 servings is 2.3 gal (8.6 L). One gallon 3.8 L) weighs 9 lb (4.0 kg).

5. To serve without freezing, do not cool chicken or gravy. Combine in kettle, heat to 160°F and hold for 20 minutes to blend flavors. Serve 6 oz portions.

6. Caloric value and fat content of the finished product is dependent on the fat content of the meat component. Selection of white in lieu of dark meat and elimination of surface fat will provide a means for desired control.

CHICKEN CACCIATORE

Cal/R, Type II HLP, Diab, Bland

Ingredients

Meat, Poultry, and Fish

1. Chicken, frozen - NSN-8905-00-126-3416, Fed. PP-C-248, Type II, Class 1, Style 1.

Fruits and Vegetables

2. Mushrooms, canned - NSN-8915-00-935-6629, Fed. JJJ-V-1746/9, Type 2, Style E.

Cereal and Bakery Products

3. Flour, wheat, general purpose - NSN-8920-00-140-7748, Fed. N-F-00481, Type III, Class B, Style 2.

Condiments and Related Products

4. Salt, table, iodized - NSN-8950-00-262-8886, Fed. SS-S-31.

Special Procurement

5. Basil, dehydrated
6. Oregano, dehydrated
7. Starch, Col-Flo 67
8. Tomatoes, canned, puree, medium (10.2-11.3%).

Cal/R, Type II HLP, Diab, Bland

Chicken 3 oz (85 g)
Gravy 2 oz (57 g)

Ingredients	Percent	100 Portions		Volume (liquids)	10 Portions	
		Pounds	Grams		Weight	Measure
1. Chicken, legs, breasts, thighs	79.00	51.70	23,451		5 lb 3 oz	
2. Chicken broth	18.375	12.027	5455	1 1/2 gal	2 1/3 cup	
Milk, nonfat, dry	1.50	0.98	444		1/3 cup	
Soup and gravy base, chicken	0.30	0.20	91		2 1/4 tsp	
Celery, ground	0.03	0.02	9		1/2 tsp	
Savory, ground	0.005	0.003	1		1/8 tsp (pinch)	
3. Starch, Col-Flo 67	0.55	0.36	163		2 tbsp	
Flour, wheat, general purpose	0.24	0.16	72		2 1/2 tsp	
TOTALS	100.00	65.45	29,686			

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ROAST CHICKEN

Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

Meat Preparation

1a. Place chicken parts (legs, breasts, thighs) in single layer on sheet pans and bake in oven at 325°F (163°C) to an internal temperature of 165°F (74°C).

b. Remove from oven and remove skin and bone.

c. Cool to about 50°F (10°C).

d. Place approximately 3 oz (85 g) of boneless chicken in individual containers.

Gravy Preparation

2a. Combine ingredients listed in section 2 of ingredients listing, reserving some broth for step 3a.

b. Heat to 160°F (71°C).

3a. Make a starch-flour slurry with broth reserved from step 2a. When making a slurry using flour, the liquid should always be added to the dry ingredients.

b. Add to above and heat to 180°F (82°C).

c. Cool gravy to about 50°F (10°C).

d. Pour 2 oz (57 g) of gravy over chicken in individual containers.

e. Cover, label, and freeze.

NOTES:

1. Formula includes 10% overrun. Theoretical yield for 100 portions: 110 servings. Theoretical yield for 10 portions: 11 servings.

2. Formula is based on 40% yield of chicken. This includes 70% yield from raw weight to cooked weight and 57% yield from cooked weight to edible meat. Cooked weight of chicken for 100 portions should be approximately 20.6 lb (9.3 kg) and edible meat 20.6 lb (9.3 kg)

ROAST CHICKEN

Cal/R, Type II HLP, Diab, Bland

NOTES: Continued

3. Final weight of gravy for 100 servings is 13.8 lb (6.2 kg). Final volume of gravy for 100 servings is 1.6 gal (6.0 L). One gallon (3.8 L) weighs 8.5 lb (3.8 kg).

4. To serve without freezing, do not cool chicken and gravy. Ladle 2 oz (57 g) of hot gravy over 5 oz (142 g) of hot chicken.

5. When preparing bone-in chicken for frozen storage, previously frozen chicken should not be used.

6. Caloric value and fat content of the finished product is dependent on the fat content of the meat component. Selection of white in lieu of dark meat and elimination of skin and surface fat will provide a means for desired control.

ROAST CHICKEN

Cal/R, Type II HLP, Diab, Bland

Ingredients

Dairy Foods

1. Milk, nonfat, dry.-NSN-8910-00-982-2779, Fed. C-M-00350, Type I, Style C.

Cereal and Bakery Products

2. Flour, wheat, general purpose - NSN-8920-00-140-7748, Fed. N-F-00481, Type III, Class B, Style 2.

Soups and Boullion

3. Soup and gravy base, instant, chicken flavored - NSN-8935-00-753-6424, Fed. EE-B-575, Type II, Class 1, Style A.

Condiments and Other Related Products

4. Savory, ground, NSN-8950-00-080-5960, Fed. EE-S-631, Type II.

Special Procurement

5. Chicken, chilled, and frozen - PP-C-248, Type I, Class 1.
6. Starch, Col-Flo 67.
7. Celery, ground

Cal/R, Type II HLP, Diab, Bland

Turkey 3 oz (85 g)
Gravy 2 oz (57 g)

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ROAST TURKEY

Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

Meat Preparation

1a. Steam turkey breasts at 15 p.s.i. (103 kPa) to an internal temperature of 170°F (77°C).

b. Remove and discard skin and bones.

c. Cool to about 50°F (10°C).

d. Slice to a thickness of approximately 3/16 in (5 mm).

e. Place 3 oz (85 g) in individual containers.

Gravy Preparation

2a. Combine ingredients listed in section 2 of ingredients listing, reserving some broth for step 3a.

3a. Make a starch-flour slurry using broth reserved from step 2a. When making a slurry using flour, the liquid should always be added to the dry ingredients.

b. Add to above.

c. Heat to 180°F (82°C).

d. Add back water to maintain formula weight or volume.

e. Cool to about 50°F (10°C).

f. Pour 2 oz (57 g) of gravy over turkey in individual containers.

g. Cover, label, and freeze.

NOTES:

1. Formula includes 10% overrun. Theoretical yield for 100 portions: 110 servings. Theoretical yield for 10 portions: 11 servings.

2. Formula is based on a 54% yield of turkey. This includes 65% yield from raw weight to cooked weight and a 83% yield from cooked meat to sliceable meat. Cooked weight of boneless, skinless meat for 100 portions should be approximately 20.6 lb (9.3 kg).

ROAST TURKEY

Cal/R, Type II HLP, Diab, Bland

NOTES: Continued

3. Final weight of gravy for 100 servings is 13.73 lb (6.2 kg). Final volume of gravy for 100 servings is 1.6 gal (6.0 L). One gallon (38 L) weigh 8.5 lb (3.8 kg).

4. To serve without freezing, do not cool gravy. Allow turkey breast to stand at room temperature for about 20 minutes to facilitate slicing. Ladle 2 oz (57 g) of hot gravy over 3 oz (85 g) of turkey.

ROAST TURKEY

Cal/R, Type II HLP, Diab, Bland

Ingredients

Cereal and Bakery Products

1. Flour, wheat, general purpose - NSN-8920-00-140-7748, Fed. N-F-00481, Type III, Class B, Style 2.

Soups and Boullion

2. Soup and gravy base, instant, chicken flavored - NSN-8935-00-753-6424, Fed. EE-B-575, Type II, Class 1, Style A.

Condiments and Related Products

3. Thyme, ground - NSN-8950-00-616-5483, Type II.

Special Procurement

4. Starch, Col-Flo 67.
5. Turkey breasts.
6. Caramel color, powdered

Cal/R, Type II HLP, Diab, Bland

Each Portion

Meat	4 1/2	oz	(128	g)
Sauce	3	oz	(85	g)

Ingredients	Percent	100 Portions		Volume (liquids)	10 Portions	
		Pounds	Grams		Weight	Measure
1. Rabbit, cut-up	66.66	41.25	18,711		4 lb 2 oz	
2. Mushroom Sauce, Cal/R, Type II HLP, Diab, Bland	33.34	20.63	.9358	2.3 gal		3 1/3 cup
TOTALS	100.00	61.88	28,069			

ROAST RABBIT WITH MUSHROOM SAUCE

Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

Meat Preparation

- 1a. Spray sheet pans lightly with vegetable shortening.
- b. Place cut-up rabbit pieces on sheet pans in a single layer.
- c. Roast in a convection oven at 325°C (163°C) to an internal temperature of 165°F (74°C).
- d. Cool to about 50°F (10°C).
- e. Place approximately 4 1/2 oz (128 g) bone-in rabbit in each individual container.

Sauce Preparation

- 2a. Prepare mushroom sauce according to Cal/R, Type II HLP, Diab, Bland Mushroom Gravy Production Guide.
- b. Pour 3 oz (85 g) sauce over meat in individual containers.
- c. Cover, label, and freeze.

NOTES:

1. Formula includes 10% overrun. Theoretical yield for 100 portions: 110 servings. Theoretical yield for 10 portions: 11 servings.

2. Formula is based on a 50% yield of rabbit. This includes a 75% yield from raw weight to cooked weight and a 67% yield from cooked weight to edible meat. Cooked weight of rabbit for 100 servings should be approximately 30.9 lb (14.0 kg). (For guidance, a 4 1/2 oz (127 g) bone-in portion of rabbit should yield a 3 oz (85 g) portion of cooked, edible meat).

3. To serve without freezing, do not cool meat or sauce. Ladle 3 oz (85 g) of hot gravy over 4 1/2 oz (120 g) of hot rabbit.

ROAST RABBIT WITH MUSHROOM SAUCE

Cal/R, Type II HLP, Diab, Bland

Ingredients

Meat, Poultry and Fish

1. Rabbit, frozen - NSN-8905-00-273-3622, Fed. PP-R-0021, Type II, Class 1, Style 2.

Sauce

2. See Cal/R, Type II HLP, Diab, Bland Mushroom Sauce Production Guide.

Cal/R, Type II HLP, Diab, Bland

Meat	3	oz	(85	g)
Sauce	3	oz	(85	g)

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GRILLED VEAL CUTLET WITH VEGETABLE SAUCE

Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

Meat Preparation

1a. Grill outlets on a lightly oiled grill to an internal temperature of 160°F (71°C).

b. Place one outlet in each individual container.

Sauce Preparation

2a. Prepare vegetable sauce according to Cal/R, Type II HLP, Diab, Bland Vegetable Sauce Production Guide.

b. Pour 3 oz (85 g) sauce over meat in individual containers.

c. Cover, label, and freeze.

NOTES:

1. Formula includes a 10% overrun. Theoretical yield for 100 portions: 110 servings. Theoretical yield for 10 portions: 11 servings.

2. Formula is based on 70% yield of veal. Cooked weight of veal for 100 portions should be approximately 20.6 lb (9.3 kg). (For guidance, a 4 1/4 oz (120 g) raw veal outlet should yield a 3 oz (85 g) cooked portion.

3. The pounds of meat specified in the formula are only a guide. Use count of outlets to assure 100 portions.

4. To serve without freezing, do not cool outlets or sauce. Ladle 3 oz (85 g) of hot sauce over 3 oz (85 g) portion of hot outlets.

GRILLED VEAL CUTLET WITH VEGETABLE SAUCE

Cal/R, Type II HLP, Diab, Bland

Ingredients

Fats and Oils

1. Salad oil, NSN-8945-00-616-0082, Fed. JJJ-S-30, Type B.

Special Procurement

2. Veal cutlets.

Vegetable Sauce

3. See Cal/R, Type II HLP, Diab, Bland Vegetable Sauce Production Guide.

ITALIAN VEAL BALLS WITH TOMATO SAUCE

Cal/R, Type II HLP, Diab, Bland

Each Portion

Meatballs	3 oz (85 g)
Sauce	3 oz (85 g)

Ingredients	Percent	100 Portions		Volume (liquids)	10 Portions	
		Pounds	Grams		Weight:	Measure
1. Veal, ground 3/16"	41.58	18.67	8469		1 lb 13 oz	
Milk, skim	7.82	3.51	1592	6 1/2 cup		2/3 cup
Bread crumbs	3.39	1.52	689			2/3 cup
Eggs, frozen, whole	0.94	0.42	191	3/4 cup		4 tsp
Salt, table, iodized	0.24	0.11	50			3/4 tsp
Marjoram, ground	0.04	0.02	9			1/2 tsp
Rosemary, ground	0.04	0.02	9			1/2 tsp
2. Cal/R, Type II HLP, Diab, Bland Tomato Sauce	45.95	20.63	9358	2.2 gal		3 1/2 cup
TOTALS	100.00	44.90	20,367			

ITALIAN VEAL BALLS WITH TOMATO SAUCE

Cal/R, Type II HLP, Diab, Bland

PROCEDURE

Meat Preparation

- 1a. Combine ingredients in section 1 of ingredients listing in a mixer.
- b. Mix for one minute at low speed.
- c. Form into 1 oz (28 g) veal balls.
- d. Place on large baking sheets and bake in convection oven at 325°F (163°C) for approximately 15 minutes to an internal temperature of 160°F (71°C).
- e. Cool to about 50°F (10°C).
- f. Place four vealballs in each individual container.

Sauce Preparation

- 2a. Prepare tomato sauce according to Cal/R, Type II HLP, Diab, Bland, Tomato Sauce Production Guide.
- b. Pour 3 oz (85 g) of sauce over vealballs in each individual container.
- c. Cover, label, and freeze.

NOTES:

1. Formula includes a 10% overrun. Theoretical yield for 100 portions: 110 servings. Theoretical yield for 10 portions: 11 servings.
2. Formula is based on an 85% yield of veal balls. Cooked weight of veal balls for 100 portions should be approximately 20.6 lb (9.3 kg).
3. To serve without freezing, do not cool veal balls or sauce. Ladle 3 oz (85 g) of hot sauce over four hot veal balls for each portion.

ITALIAN VEAL BALLS WITH TOMATO SAUCE

Cal/R, Type II HLP, Diab, Bland

Ingredients

Dairy Foods and Eggs

1. Eggs, whole, frozen - NSN-8910-00-616-0051, Fed. C-E-00230 Type II, Kind a, Class 1.
2. Milk, skim, homogenized - NSN-8910-00-753-6368, Fed. C-M-001678, Class 2.

Bakery and Cereal Products

3. Bread Crumbs, breading - NSN-8920-00-464-2224, MIL-F-3501.

Condiments and Related Products

4. Salt, table, iodized - NSN-8950-00-262-8886, Fed. SS-S-31.

Special Procurement

5. Marjoram, ground
6. Rosemary, ground
7. Veal, boneless, ground, 3/16"

Tomato Sauce

8. See Cal/R, Type II HLP, Diab, Bland Tomato Sauce Production Guide.

VEAL LOAF WITH VEGETABLE SAUCE

Cal/R, Type II HLP, Diab, Bland

Each Portion

Veal Loaf 3½ oz (100 g)
Sauce 3 oz (85 g)

Ingredients	Percent	100 Portions		Volume (liquids)	10 Portions	
		Pounds	Grams		Weight:	Measure
1. Veal, boneless, ground, 3/8"	46.51	23.59	10,700		2 lb 6 oz	
Celery, fresh, chopped	4.73	2.40	1089			3/4 cup
Tomato juice, canned	3.10	1.57	712	3 cup		1/3 cup
Eggs, frozen, whole	2.37	1.20	544	2 1/3 cup		1/4 cup
Bread crumbs	2.37	1.20	544			1/2 cup
Salt, table, iodized	0.24	0.12	54			1 tsp
2. Vegetable Sauce, Cal/R, Type II HLP, Diab, Bland	40.68	20.63	9358	2.2 gal		3 1/2 cup
TOTALS	100.00	50.71	23,001			

VEAL LOAF WITH VEGETABLE SAUCE

Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

Meat Preparation

- 1a. Mix ingredients listed in section 1 of ingredients listing on low speed in mechanical mixer (Hobart or equivalent) for approximately two minutes or until well mixed and the mixture becomes tacky.
- b. Place veal loaf in loaf pans, filling about 3/4 full. Level and pack well to allow escape of air.
- c. Cook in convection oven at 325°F (163°C) for approximately 45 minutes or until internal temperature reaches 160°F (71°C).
- d. Cool to about 50°F (10°C).
- e. Slice into 3.5 oz (100 g) portions.
- f. Place one slice of veal loaf in each individual container.

Sauce Preparation

- 2a. Prepare vegetable sauce according to Cal/R, Type II HLP, Diab, Bland Vegetable Sauce Production Guide.
- b. Pour 3 oz (85 g) sauce over veal loaf in individual containers.
- c. Cover, label, and freeze.

NOTES:

1. Formula includes 10% overrun. Theoretical yield for 100 portions: 110 servings. Theoretical yield for 10 portions: 11 servings.
2. Formula is based on an 80% yield of veal loaf. Cooked weight of veal loaf for 100 portions should be approximately 24.1 lb (10.9 kg).
3. To serve without freezing do not cool sauce. Cool loaf to about 100°F (38°C) to facilitate slicing. Ladle 3 oz (85 g) of hot vegetable sauce over 3 1/2 oz (100 g) of warm sliced veal loaf for each serving.
4. Caloric value and fat content of the finished product is dependent on the fat content of the meat component.

VEAL LOAF WITH VEGETABLE SAUCE

Cal/R, Type II HLP, Diab, Bland

Ingredients

Dairy Foods and Eggs

1. Eggs, whole, frozen - NSN-8910-00-616-0051, Fed. C-E-00230, Type II, Kind a, Class 1.

Fruits and Vegetables

2. Celery, fresh - NSN-8915-00-926-4925, Fed. HHH-V-1744/12.
3. Juice, tomato, canned - NSN-8915-00-255-0523, Fed. JJJ-V-1746/8, Type I.

Bakery and Cereal Products

4. Bread crumbs, breading - NSN-8920-00-464-2224, MILOF-3501.

Condiments and Related Products

5. Salt, table, iodized - NSN-8950-00-262-8886, Fed. SS-S-31.

Special Procurement

6. Veal, boneless, ground, 3/8".

Vegetable Sauce

7. See Cal/R, Type II HLP, Diab, Bland Vegetable Sauce Production Guide.

Cal/R, Type II HLP, Diab, Bland

Meat 3 oz (85 g)
Sauce 3 oz (85 g)

80

VEAL STEAK BRAISED WITH MUSHROOMS

Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

Meat Preparation

- 1a. Tenderize veal steak in meat tenderizer (cubing-type) by passing the steak through twice, once with the grain, and once against the grain.
- b. Grill on lightly oiled grill to an internal temperature of 160°F (71°C).
- c. Place one steak in each individual container.

Sauce Preparation

- 2a. Prepare mushroom sauce according to referenced Cal/R, Type II HLP, Diab, Bland Mushroom Sauce Production Guide.
- b. Pour 3 oz (85 g) of gravy over meat in individual containers.
- c. Cover, label, and freeze.

NOTES:

1. Formula includes 10% overrun. Theoretical yield for 100 portions: 110 servings. Theoretical yield for 10 portions: 11 servings.
2. Formula is based on 75% yield of veal; cooked weight of veal for 100 portions should be approximately 20.6 lb (9.3 kg). For guidance, a 4 1/4 oz (120 g) cutlet should yield a 3 oz (85 g) cooked portion.
3. The pounds of meat specified in the formula are only a guide: use count of steaks to assure 100 portions.
4. To serve without freezing, do not cool meat or sauce. Ladle 3 oz (85 g) hot sauce over 3 oz (85 g) hot meat.
5. Caloric value and fat content of the finished product is dependent on the fat content of the meat component and the degree to which the meat is trimmed of fat.

VEAL STEAK BRAISED WITH MUSHROOMS

Cal/R, Type II HLP, Diab, Bland

Ingredients

Fats and Oils

1. Salad oil - NSN-8945-00-616-0082, Fed. JJJ-S-30, Type B.

Mushroom Sauce

2. See Mushroom Sauce Production Guide, Cal/R, Type II HLP, Diab, Bland.

Special Procurement

3. Veal steaks, minute.

Sodium restricted and/or caloric restricted,

Type II HLP, diabetic, bland,

Entree Production Guides

Na/R and/or Cal/R, Type II HLP, Diab, Bland

3 oz (85 g)

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BROILED CHOPPED BEEF

Na/R and/or Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

1. Form ground beef into 4 1/2 oz (128 g) patties in Hollymatic or other forming equipment.
2. Broil patties until medium well done and internal temperature reaches 160°F (71°C). Discard fat and juices.
3. Place one patty in each individual container.
4. Cover, label, and freeze.

NOTES:

1. Formula includes 10% overrun. Theoretical yield for 100 portions: 110 servings. Theoretical yield for 10 portions: 11 servings.
2. Formula is based on 66% yield of meat. Cooked weight of beef for 100 portions should be approximately 20.6 lb (9.3 kg). For guidance, a 4 1/2 oz raw patty should yield a 3 oz cooked patty.
3. To serve without freezing, follow directions through step 2 and serve immediately.
4. Caloric value and fat content of the finished product are dependent on the fat content of the ground beef component.

BROILED CHOPPED BEEF

Na/R and/or Cal/R, Type II HLP, Diab, Bland

Ingredients

Special Procurement

1. Beef, boneless, lean, 3/8" grind.

Special Note:

Samples of beef patties with a Carragenan coating have been prepared and are in storage. This coating may provide protection against deleterious changes during storage. If the results of storage tests show that the use of such a coating is advisable, this production guide will be revised.

Na/R and/or Cal/R, Type II HLP, Diab, Bland

3 oz (85 g)

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GRILLED LOIN STEAKS

Na/R and/or Cal/R, Type II HLP, Diab, Bland

PRO

PROCEDURE:

1. Slice strip loins, boneless, trimmed, into 4 oz (113 g) steaks.
2. Lightly oil grill.
3. Grill steaks to medium well done, and internal temperature reaches 150°F (66°C).
4. Place one steak in each individual container.
5. Cover, label, and freeze.

NOTES:

1. Formula includes 10% overrun. Theoretical yield for 100 portions: 110 servings. Theoretical yield for 10 portions: 11 servings.
2. Formula is based on 75% yield of meat. Cooked weight of beef should be approximately 20.6 (9.3 kg). For guidance, a 4 oz raw steak should yield a 3 oz (85 g) cooked portion.
3. The pounds specified in the formula are only a guide: use count of steaks to assure 100 portions.
4. To serve without freezing, follow directions through step 3 and serve immediately.
5. Caloric value and fat content of the finished product are dependent on the fat content of the meat component and the degree to which the meat is trimmed of fat.

GRILLED LOIN STEAKS

Na/R and/or Cal/R, Type II HLP, Diab, Bland

Ingredients

Fats and Oils

1. Salad Oil - NSN-8945-00-616-0082, Fed. JJJ-S-30, Type B.

Meat

Special Procurement

2. Beef, boneless, strip loin, trimmed

Special Note:

Samples of grilled loin steaks with a Carragenan coating have been prepared and are in storage. This coating may provide protection against deleterious changes during storage. If the results of storage tests show that the use of such a coating is advisable, this production guide will be revised.

Each Portion

3 oz (85 g)

Ingredients	Percent	100 Portions		Volume (liquids)	10 Portions	
		Pounds	Grams		Weight	Measure
1. Mackerel, frozen, fillets	99.43	24.26	11,004		2 lb 7 oz	
2. Paprika	0.08	0.02	9		1/3 tsp	
Parsley, dehydrated	0.49	0.12	55		2 tsp	
TOTALS	100.00	24.40	11,068			

BAKED MACKEREL

Na/R and/or Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

- 1a. Temper frozen mackerel fillets until they can be separated.
- b. Spray sheet pans lightly with vegetable shortening.
- c. Place fillets on sheet pans in single layer.
- d. Cook in convection oven at 325°F (163°C) for approximately 15 minutes to an internal temperature of 160°F (71°C). Do not overcook.
- e. Cool to about 50°F (10°C).
- f. Place 3 oz of fillets in individual containers.
- 2a. Sprinkle with paprika and parsley.
- b. Cover, label, and freeze.

NOTES:

1. Formula includes a 10% overrun. Theoretical yield for 100 portions: 110 servings. Theoretical yield for 10 portions: 11 servings.
2. Formula is based on an 85% yield of mackerel. Cooked weight of mackerel for 100 portions should be approximately 20.6 lb (9.3 kg). For guidance, a 3 1/2 oz (100 g) raw fillet should yield a 3 oz (85 g) cooked fillet.
3. To serve without freezing, follow directions through step 1d, sprinkle with paprika and parsley for a garnish, and serve 3 oz (85 g) portions.

BAKED MACKEREL

Na/R and/or Cal/R, Type II HLP, Diab, Bland

Ingredients

Meat, Poultry and Fish

1. Mackerel, frozen, fillets - NSN-8905-00-164-0469, Fed. PP-F-381, Type II, Form III (1) (a).

Fruits and Vegetables

2. Parsley, dehydrated - NSN-8915-00-975-0530, MIL-P-35090.

Condiments and Related Products

3. Paprika, ground - NSN-8950-00-170-9563, Fed. EE-S-631.

Special Note

Samples of baked mackerel fillets with a carragenan coating have been prepared and are in storage. This coating may provide protection against deleterious changes during storage. If the results of storage tests show that the use of such a coating is advisable, this production guide will be revised.

ROAST LAMB WITH MINT SAUCE

Na/R and/or Cal/R, Type II HLP, Diab, Bland

Each Portion

Meat 3 oz (85 g)
Sauce 2 oz (57 g)

Ingredients	Percent	100 Portions		Volume (liquids)	10 Portions	
		Pounds	Grams		Weight:	Measure
1. Lamb, boneless, leg	68.10	29.40	13,336		2 lb 15 oz	
2. Mint Sauce, Cal/R, and Na/R, Type II HLP, Diab, Bland	31.85	13.75	6237	1.3 gal		2 cup
3. Mint leaves, crushed	0.05	0.02	10			1 tsp
TOTALS	100.00	43.17	19,583			

ROAST LAMB WITH MINT SAUCE

Na/R and/or Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

Meat Preparation

- 1a. Place boneless lamb leg roasts in oven and roast at 350°F (176°C) to an internal temperature of 160°F (71°C).
- b. Cool meat to about 50°F (10°C) internal temperature.
- c. Slice meat into 1/8" (0.32 cm) slices.
- d. Place 3 oz (85 g) of meat in individual containers.

Sauce Preparation

- 2a. Prepare mint sauce according to Na/R and Cal/R, Type II HLP, Diab, Bland Mint Sauce Production Guide.
- b. Pour 2 oz (57 g) sauce over meat in individual containers.
- c. Sprinkle about 0.1 g of crushed mint leaves over each portion.
- d. Cover, label, and freeze.

NOTES:

1. Formula includes a 10% overrun. Theoretical yield for 100 portions: 110 servings. Theoretical yield for 10 portions: 11 servings.
2. Formula is based on 70% yield of lamb. Cooked weight of lamb for 100 portions should be approximately 20.6 lb (9.3 kg).
3. To serve without freezing, do not cool sauce. Allow roasts to stand at room temperature for about 20 minutes to facilitate slicing. Ladle 2 oz (57 g) of hot sauce over 3 oz (85 g) of warm meat.

ROAST LAMB WITH MINT SAUCE

Na/R and/or Cal/R, Type II HLP, Diab, Bland

Ingredients

Meat, Poultry and Fish

1. Lamb, roast, frozen - NSN-8905-00-926-1599, MIL-L-43510, Type I, Form II.

Special Procurement

2. Mint leaves.

Sauce

3. See Na/R, Cal/R, Type II HLP, Diab, Bland Mint Sauce Production Guide.

Na/R and/or Cal/R, Type II HLP, Diab, Bland

Meat 4 1/2 oz (128 g)

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BAKED PORK CHOPS

Na/R and/or Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

1. Place well trimmed, bone-in pork chops on sheet pans.
2. Bake in convection oven at 325°F (163°C) to an internal temperature of 170°F (77°C).
3. Drain fat.
4. Cool to about 50°F (10°C).
5. Place on chop to an individual container.
6. Cover, label, and freeze.

NOTES:

1. Formula includes 10% overrun. Theoretical yield for 100 portions: 100 servings. Theoretical yield for 10 portions: 11 servings.
2. Formula is based on 7 oz raw pork chops containing 21% bone, and a 65% yield from raw to cooked weight, (44% edible meat). Cooked weight for 100 portions should be approximately 31.2 lb (14.2 kg). For guidance, a cooked 4.5 lb (20.5 kg) bone-in pork chop should yield a 3 oz (85 g) portion of cooked meat.
3. The pounds specified in the formula are only a guide; use count of chops to assure 100 portions.
4. To serve without freezing, follow directions through step 3 and serve immediately.
5. Caloric value and fat content of the finished product are dependent on the meat component and the degree to which the meat is trimmed of fat.

BAKED PORK CHOPS

Na/R and/or Cal/R, Type II HLP, Diab, Bland

Ingredients

Meat, Poultry and Fish

1. Pork, loin, frozen, bladeless - NSN-8905-00-935-0618, Fed. PP-P-571, Style B

SPECIAL NOTE:

Samples of pork chops with a carrageenan coating have been prepared and are in storage. This coating may provide protection against deleterious changes during storage. If the results of storage tests show that the use of such a coating is advisable, this production guide will be revised.

ROAST PORK

Na/R and/or Cal/R, Type II HLP, Diab, Bland

Each Portion

3 oz (85 g)

Ingredients	Percent	100 Portions		Volume (liquids)	10 Portions	
		Pounds	Grams		Weight	Measure
1. Pork, loin, boneless, trimmed	100.00	31.73	14,393		3 lb 3 oz	
TOTALS	100.00	31.73	14,393			

ROAST PORK

Na/R and/or Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

1. Trim fat from boneless pork loin roasts.
2. Roast in oven at 325°F (163°C) to an internal temperature of 165°F (74°C).
3. Cool roasts to about 50°F (10°C) internal temperature.
4. Slice roasts approximately 3/8 in. (9 mm) thick to make 3 oz (85 g) servings.
5. Place one 3 oz (85 g) slice in each individual container.
6. Cover, label, and freeze.

NOTES:

1. Formula includes a 10% overrun. Theoretical yield for 100 portions: 110 servings. Theoretical yield for 10 portions: 11 servings.
2. Formula is based on a 65% yield of pork. Cooked weight of pork for 100 portions should be approximately 20.6 lb (9.3 kg).
3. Caloric value and fat content of the finished product are dependent on the meat component and the degree to which the meat is trimmed of fat.
4. To serve without freezing, follow directions through step 2. Allow roasts to stand at room temperature for about 20 minutes to facilitate slicing. Serve 3 oz (85 g) portions of warm meat.

ROAST PORK

Na/R and/or Ca1/R, Type II HLP, Diab, Bland

Ingredients

Meat, Poultry and Fish

1. Pork, loin, frozen - NSN-8905-00-935-0618, Fed. PP-P-571, Style B.

Special Note:

Samples of roast pork with a carragenan coating have been prepared and are in storage. This coating may provide protection against deleterious changes during storage. If the results of storage tests show that the use of such a coating is advisable, this production guide will be revised.

LEMON BAKED CHICKEN

Na/R and/or Cal/R, Type II HLP, Diab, Bland

Each Portion

Chicken	3 oz	(85 g)
Sauce	2 oz	(57 g)

Ingredients	Percent	100 Portions		Volume (liquids)	10 Portions	
		Pounds	Grams		Weight	Measure
1. Chicken breasts, skinless, bone- less	66.59	31.75	14,402		3 lb 3 oz	
2. Chicken broth	24.13	11.513	5224	1 1/3 gal	2 1/4 cup	
Soup and gravy base, chicken, Na/R	2.00	0.95	431		1/4 cup	
Juice, lemon, reconstituted	1.60	0.76	345	1 1/2 cup	7 tsp	
3. Starch, Col-Flo 67	0.80	0.38	172		2 tbsp	
Flour, wheat, general purpose	0.30	0.14	64		2 tsp	
4. Carrot strips	4.57	2.18	989		3 1/2 oz	
Tarragon leaves	0.01	0.007	3		1/2 tsp	
TOTALS	100.00	47.68	21,628			

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LEMON BAKED CHICKEN

Na/R and/or Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

Chicken Preparation

- 1a. Place chicken breasts, boneless, skinless in a single layer on sheet pans.
- b. Roast in oven at 325°F (163°C) to an internal temperature of 165°F (74°C).
- c. Remove chicken breasts from oven and cool to about 50°F (10°C).
- d. Place approximately 3 oz of chicken in each individual container.

Gravy Preparation

2a. Combine ingredients listed in section 2 of ingredient listing reserving some broth for step 3a.

- b. Mix well.
- c. Heat to 160°F (71°C).

3a. Make a starch-flour slurry with broth reserved from step 2a. When making a slurry using flour, the liquid should always be added to the dry ingredients.

- b. Add to above and heat to 180°F (82°C).
- c. Cool to about 50°F (10°C).
- d. Pour 2 oz of gravy over chicken in individual containers.

4a. Slice carrots into 3 inch strips.

- b. Blanch until semi-cooked.
- c. Place one strip in each individual container.
- d. Sprinkle with tarragon leaves as a garnish.
- e. Cover, label, and freeze.

LEMON BAKED CHICKEN

Na/R and/or Cal/R, Type II HLP, Diab, Bland

NOTES:

1. Formula includes a 10% overrun. Theoretical yield for 100 portions: 110 servings. Theoretical yield for 10 portions: 11 servings.
2. Formula is based on 65% yield of chicken. Weight of cooked chicken for 100 portions should be approximately 20.6 pounds (9.3 kg).
3. Final weight of gravy for 100 servings is 13.8 lb (6.2 kg). Final volume of gravy for 100 servings is 1.6 gal (6.0 L). One gallon (3.8 L) weighs 8.5 lb (3.8 kg).
4. To serve without freezing, do not cool chicken or gravy. Ladle 2 oz (57 g) of hot gravy over 3 oz (85 g) of hot chicken. Place a strip of fully cooked carrot over each portion as a garnish.
5. Dehydrated Tarragon leaves may be added as a garnish.

LEMON BAKED CHICKEN

Na/R and/or Cal/R, Type II HLP, Diab, Bland

Ingredients

Fruits and Vegetables

1. Carrots, fresh - NSN-8915-00-127-8019, Fed. HHH-V-1744/10, Style III
2. Juice, lemon, frozen - NSN-8915-00-411-2676, MIL-J-11174.

Cereal and Bakery Products

3. Flour, wheat, general purpose - NSN-8920-00-140-7748, Fed. N-F-00481, Type III, Class B, Style 2.

Condiments and Related Products

4. Tarragon, ground - NSN-8950-00-080-5962, Fed. EE-S-631.

Special Procurement

5. Chicken breasts, skinless, boneless
6. Soup and Gravy Base, Chicken flavored, Na/R
7. Starch, Col-Flo 67

3 oz (85 g)

BROILED VEAL PATTIES

Na/R and/or Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

1. Form ground veal into 4 1/2 oz (128 g) patties in Hollymatic or other forming equipment.
2. Broil patties until medium well done and internal temperature reaches 160°F (71°C). Discard fat and juices.
3. Place one patty in each individual container.
4. Cover, label, and freeze.

NOTES:

1. Formula includes 10% overrun. Theoretical yield for 100 portions: 110 servings. Theoretical yield for 10 portions: 11 servings.
2. Formula is based on a 75% yield of meat. Cooked weight of veal for 100 portions should be approximately 20.6 lb (9.3 kg). For guidance, a 4 1/4 oz (120 g) raw patty should yield a 3 oz (85 g) cooked patty.
3. To serve without freezing, follow directions through step 2 and serve immediately.
4. Caloric value and fat content of the finished product are dependent on the fat content of the ground veal component.

BROILED VEAL PATTIES

Na/R and/or Cal/R, Type II HLP, Diab, Bland

Ingredients

Special Procurement

1. Veal, boneless, ground, 3/16 " grind.

Special Note

Samples of broiled chopped veal patties with a carragenan coating have been prepared and are in storage. This coating may provide protection against deleterious changes during storage. If the results of storage tests show that the use of such a coating is advisable, this production guide will be revised.

Na/R and/or Cal/R, Type II HLP, Diab, Bland

Meat	3 oz (85 g)
Sauce	2 oz (57 g)

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ROAST VEAL WITH CURRANT SAUCE

Na/R and/or Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

Meat Preparation

- 1a. Place boneless veal roasts in oven at 325°F (163°C) and roast to an internal temperature of 160°F (71°C).
- b. Cool meat to about 50°F (10°C) internal temperature.
- c. Slice meat into 1/8" (3mm) slices.
- d. Place 3 oz (85 g) of meat in individual containers.

Sauce Preparation

- 2a. Prepare currant sauce according to Na/R and Cal/R, Type II HLP, Diab, Bland Currant Sauce Production Guide.
- b. Pour 2 oz (57 g) of sauce over meat in individual containers.
- c. Cover, label, and freeze.

NOTES:

1. Formula includes a 10% overrun. Theoretical yield for 100 portions: 110 servings. Theoretical yield for 10 portions: 11 servings.
2. Formula is based on a 75% yield of veal. Cooked weight of veal for 100 portions should be approximately 20.6 pounds (9.3 kg).
3. To serve without freezing, do not cool sauce. Allow roasts to stand at room temperature for approximately 20 minutes to facilitate slicing. Ladle 2 oz (57 g) of hot sauce over 3 oz (85 g) of warm meat.
4. Caloric value and fat content of the finished product is dependent on the fat content of the meat component and the degree to which the meat is trimmed of fat.

ROAST VEAL WITH CURRANT SAUCE

Na/R and/or Cal/R, Type II, HLP, Diab, Bland

Ingredients

Sauce

1. See Na/R, Cal/R, Type II, HLP, Diab, Bland Currant Sauce Production Guide.

Meat

2. Veal, boneless roasts, clods

Sodium restricted, calorie restricted, Type II

HLP, Diabetic, Bland Entree Production Guides

Na/R, Cal/R, Type II HLP, Diab, Bland

Meat	3 1/2 oz	(100 g)
Sauce	3 oz	(85 g)

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BAKED SALISBURY STEAK WITH MUSHROOM SAUCE

Na/R, Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

Meat Preparation

1. Mix nonfat dry milk with water to disperse milk solids.
2. Thaw frozen eggs and beat to mix.
- 3a. Combine ingredients listed in sections 1, 2, and 3 of ingredients listing.
- b. Mix on low speed in mechanical mixer (Hobart or equivalent) for approximately 20 seconds or until ingredients are well dispersed. Do not overmix.
- c. Form into 4 1/2 oz (128 g) patties in Hollymatic or other forming equipment.
- d. Place on large baking sheets and cook in convection oven at 325°F (163°C) for approximately 10 minutes to an internal temperature of 160°F (71°C).
- e. Cool to about 50°F (10°C).
- f. Place one Salisbury steak in each individual container.

Sauce Preparation

- 4a. Prepare mushroom sauce according to Na/R, Cal/R, Type II, HLP, Diab, Bland Mushroom Sauce Production Guide.
- b. Pour 3 oz (85 g) sauce over each Salisbury Steak.
- c. Cover, label, and freeze.

BAKED SALISBURY STEAK WITH MUSHROOM SAUCE

Na/R, Cal/R, Type II HLP, Diab, Bland

NOTES:

1. Formula includes a 10% overrun. Theoretical yield for 100 portions: 110 servings. Theoretical yield for 10 portions: 11 servings.

2. Formula is based on an 80% yield of Salisbury Steaks. Cooked weight of Salisbury Steaks for 100 portions should be approximately 24.1 lb (10.9 kg). For guidance, a 4 1/2 oz (128 g) raw steak should yield a 3 1/2 oz (100 g) cooked portions.

3. To serve without freezing, do not cool meat or sauce. Ladle 3 oz (85 g) of hot mushroom sauce over 3 1/2 oz (100 g) of Salisbury Steak for each portion.

4. Caloric value and fat content of the finished product are dependent on the fat content of the ground beef component.

BAKED SALISBURY STEAK WITH MUSHROOM SAUCE

Na/R, Cal/R, Type II HLP, Diab, Bland

Ingredients

Dairy Foods and Eggs

1. Eggs, whole, frozen - NSN-8910-00-616-0051, Fed. C-E-00230, Type II, Kind a, Class 1.

Fruits and Vegetables

2. Celery, fresh - NSN-8915-00-926-4925, Fed. HHH-V-1744/12.

Special Procurement

3. Beef, lean, boneless, ground
4. Bread crumbs, Na/R.
5. Milk, nonfat dry, Na/R.

Mushroom Sauce

6. See Na/R, Cal/R, Type II HLP, Diab, Bland Mushroom Sauce Production Guide.

BEEF STEW

Na/R, Cal/R Type II HLP, Diab, Bland

Each Portion

8 oz (227 g)

Ingredients	Percent	100 Portions		Volume (liquids)	10 Portions	
		Pounds	Grams		Weight	Measure
1. Beef, diced, lean	49.18	33.27	15,091		3 lb 5 oz	
2. Carrots, frozen, sliced	2.61	1.77	803			1/2 cup
Beans, green, frozen	2.61	1.77	803			2/3 cup
3. Water (see Note 4)	32.291	21.834	9904	2 2/3 gal		4 1/4 cup
Tomatoes, whole, canned, Na/R	5.43	3.67	1664			3/4 cup
Celery, fresh, diced	2.28	1.54	698			1/2 cup
Soup and gravy base, beef, Na/R	1.42	0.96	435			1/4 cup
Celery seed, ground	0.04	0.03	14			3/4 tsp
Caramel color, powdered	0.01	0.01	4			1/8 tsp
Bay leaves, ground	0.005	0.003	1			1/8 tsp (pinch)
Mace, ground	0.004	0.003	1			1/8 tsp (pinch)
4. Starch Col-Flo 67	1.00	0.68	308			1/4 cup
Flour, wheat, all purpose	0.50	0.34	154			5 tsp
5. Peas, green, canned, Na/R	2.62	1.77	803			1/2 cup
TOTALS	100.00	67.65	30,683			

BEEF STEW

Na/R, Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

Meat Preparation:

1a. Place beef, diced, trimmed in deep pans. Heat in convection oven at 450°F (232°C) until well browned turning frequently.

b. After browning, remove meat from convection oven; partially fill pans with water; cover and steam until tender at 15 psi (103 kPa) to an internal temperature of 160°F (71°C).

c. Drain liquid (broth). (See Note 4).

d. Cool meat to about 50°F (10°C).

e. Place 3 oz (85 g) of meat into individual containers.

Gravy Preparation

2. Steam sliced carrots and green beans until tender; hold for step 5a.

3a. Combine ingredients listed in section 3 of ingredients listing reserving some water for step 4a.

b. Mix well.

c. Heat to 160°F (71°C).

4a. Make a starch-flour slurry with water reserved from step 3a. When making a slurry using flour, the liquid should always be added to the dry ingredients.

b. Add to above and heat to 180°F (82°C).

5a. Add green peas from section 4 of ingredient listing as well as carrots and green beans from step 2 to above; mix gently.

b. Add back water to maintain formula weight or volume.

c. Chill gravy to about 50°F (10°C).

d. Pour 5 oz (142 g) of gravy over meat in individual containers.

e. Cover, label, and freeze.

BEEF STEW

Na/R, Cal/R, Type II HLP, Diab, Bland

NOTES:

1. Formula includes a 10% overrun. Theoretical yield for 100 portions: 110 servings. Theoretical yield for 10 portions: 11 servings.
2. Formula is based on a 62% yield for trimmed diced beef. Cooked weight of beef for 100 portions should be approximately 20.6 lb (9.3 kg).
3. Final weight of gravy for 100 servings is 34.4 lb (15.6 kg). Final volume of gravy for 100 servings is 3.9 gal (14.9 L). One gallon (3.8 L) weighs 8.7 lb (3.9 kg).
4. In the event that the broth from the meat-steaming operation can be saved, this broth should be used in satisfying the water requirement in section 3.
5. To serve without freezing, follow directions 1a through 1c and 2 through 4b. Combine cooked beef and gravy in a kettle, heat to 160°F (71°C) and simmer for 20 minutes to blend flavors. Add back water to maintain total formula weight. For 100 servings total formula weight should be 55 lb (24.9 kg). Serve 8 oz (227 g) portions of stew.
6. Caloric value and fat content of the finished product is dependent on the fat content of the meat component and the degree to which the meat is trimmed of fat.

BEEF STEW

Na/R, Cal/R, Type II HLP, Diab, Bland

Ingredients

Fruits and Vegetables

1. Beans, green, frozen - NSN-8915-00-082-5594, US Grade A. Fed. HHH-V-1745/2.
2. Carrots, frozen, slices - NSN-8915-00-162-5087, Fed. HHH-V-1745/6, Style IV.
3. Celery, Fresh - NSN-8915-00-926-4925, Fed. HHH-V-1744/12.

Cereal and Bakery Products

4. Flour, wheat, all-purpose - NSN-8920-00-140-7748, Fed. N-F-00481, Type III, Class B, Style 2.

Condiments and Related Products

5. Mace, ground - NSN-8950-00-170-9568. Fed. EE-S-631.

Special Procurement

6. Bay leaves, ground
7. Beef, diced, lean.
8. Caramel color, powdered.
9. Celery seed, ground.
10. Peas, canned, Na/R.
11. Starch, Col-Flo 67.
12. Soup and gravy base, Na/R.
13. Tomatoes, canned, crushed, Na/R.

Na/R, Cal/R, Type II HLP, Diab, Bland

Meat	3	oz	(85	g)
Sauce	3	oz	(85	g)

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ITALIAN MEAT BALLS WITH TOMATO SAUCE

Na/R, Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

Meat Preparation

- 1a. Combine ingredients in section 1 of ingredients listing in a mixer.
- b. Mix for one minute at low speed.
- c. Form into 1 oz (28 g) meat balls.
- d. Place on baking sheets and bake in convection oven at 325°F (163°C) for approximately 10 minutes to an internal temperature of 160°F (71°C).
- e. Cool to about 50°F (10°C).
- f. Place four meat balls in each individual container.

Sauce Preparation

- 2a. Prepare tomato sauce according to Na/R, Cal/R, Type II HLP, Diab, Bland Tomato Sauce Production Guide.
- b. Pour 3 oz (85 g) of sauce over meat balls in each individual container.
- c. Cover, label and freeze.

NOTES:

1. Formula includes 10% overrun. Theoretical yield for 100 portions: 110 servings. Theoretical yield for 10 portions: 11 servings.
2. Formula is based on 75% yield of meat balls. Cooked weight of meat balls for 100 portions should be approximately 20.6 lb (9.3 kg).
3. To serve without freezing, do not cool meat balls or sauce. Ladle 3 oz (85 g) of hot sauce over four hot meat balls for each portion.
4. Caloric value and fat content of the finished product is dependent on the fat content of the meat component.

ITALIAN MEAT BALLS WITH TOMATO SAUCE

Na/R, Cal/R, Type II HLP, Diab, Bland

Ingredients

Dairy Foods and Eggs

1. Eggs, whole, frozen - NSN-8910-00-616-0051, Fed. C-E-00230, Type II, kind a, Class 1.

Condiments and Related Products

2. Basil, sweet, ground - NSN-8950-00-404-6066, Fed. EE-S-631, Type II.
3. Oregano, ground - NSN-8950-00-582-1402, Fed. EE-S-631, Type II.

Special Procurement

4. Beef ground, lean, 3/16" grind
5. Bread crumbs, Na/R.
6. Milk, skim, Na/R.

Tomato Sauce

7. See Na/R, Cal/R, Type II HLP, Diab, Bland Tomato Sauce Production Guide.

Na/R, Cal/R, Type II HLP, Diab, Bland

Meat	3	oz	(85	g)
Sauce	3	oz	(85	g)

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ROAST BEEF WITH VEGETABLE SAUCE

Na/R, Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

Meat Preparation

- 1a. Place well trimmed top round roasts in oven and roast at 350°F (176°C) to an internal temperature of 145°F (63°C).
- b. Cool meat to about 50°F (10°C) internal temperature.
- c. Slice meat into 1/16 in. (1.6 mm) slices.
- d. Place 3 oz (85 g) of meat in individual containers.

Sauce Preparation

- 2a. Prepare vegetable sauce according to Na/R, Cal/R, Type II HLP, Diab, Bland Vegetable Sauce Production Guide.
- b. Pour 3 oz (85 g) sauce over meat in individual containers.
- c. Cover, label, and freeze.

NOTES:

1. Formula includes a 10% overrun. Theoretical yield for 100 portions: 110 servings. Theoretical yield for 10 portions: 11 servings.
2. Formula is based on 70% yield of beef. Cooked weight of beef for 100 portions should be approximately 20.6 lb (9.3 kg).
3. To serve without freezing, do not cool sauce. Allow roasts to stand at room temperature for approximately 20 minutes to facilitate slicing. Ladle 3 oz (85 g) of hot sauce over 3 oz (85 g) of warm meat.
4. Caloric value and fat content of the finished product is dependent on the fat content of the meat component and the degree to which the meat is trimmed of fat.

ROAST BEEF WITH VEGETABLE SAUCE

Na/R, Cal/R, Type II HLP, Diab, Bland

Ingredients

Gravy

1. See Na/R, Cal/R, Type II HLP, Diab, Bland Vegetable Sauce Production Guide.

Special Procurement

2. Beef, top (inside) round, well trimmed.

Na/R, Cal/R, Type II HLP, Diab, Bland

Meat	3 oz (85 g)
Sauce	3 oz (85 g)

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STEAK BRAISED WITH MUSHROOMS

Na/R, Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

Meat Preparation

- 1a. Tenderize beef steak in meat tenderizer (cubing-type) by passing the steak through twice, once with the grain and once against the grain.
- b. Grill on lightly oiled grill to an internal temperature of 145°F (63°C).
- c. Place one steak in each individual container.

Sauce Preparation

- 2a. Prepare mushroom sauce according to referenced Na/R, Cal/R, Type II HLP, Diab, Bland Mushroom Sauce Production Guide.
- b. Pour 3 oz (85 g) of sauce over meat in individual containers.
- c. Cover, label, and freeze.

NOTES:

1. Formula includes 10% overrun. Theoretical yield for 100 portions: 110 servings. Theoretical yield for 10 portions: 11 servings.
2. Formula is based on a 75% yield of beef; cooked weight of beef for 100 portions should be approximately 20.6 lb (9.3 kg). (For guidance a 4 oz (113 g) raw steak should yield a 3 oz (85 g) cooked portion).
3. The pounds of meat specified in the formula are only a guide: use count of steaks to assure 100 portions.
4. To serve without freezing, do not cool meat or sauce. Ladle 3 oz (85 g) of hot sauce over 3 oz (85 g) of hot meat.
5. Caloric value and fat content of the finished product is dependent on the fat content of the meat component and the degree to which the meat is trimmed of fat.

STEAK BRAISED WITH MUSHROOMS

Na/R, Cal/R, Type II HLP, Diab, Bland

Ingredients

Fats and Oils

1. Salad Oil - NSN-8945-00-616-0082, Fed. JJJ-S-30, Type B.

Mushroom Sauce

2. See Na/R, Cal/R, Type II HLP, Diab, Bland Mushroom Sauce Production Guide

Special Procurement

3. Beef steaks, minute.

YANKEE POT ROAST

Na/R, Cal/R, Type II HLP, Diab, Bland

Each Portion

Meat 3 oz (85 g)
Gravy 3 oz (85 g)

Ingredients	Percent	100 Portions		Volume (liquids)	10 Portions	
		Pounds	Grams		Weight	Measure
1. Beef, top round	58.80	29.40	13,336		2 lb 15 oz	
2. Carrots, fresh or frozen, 1/4 in. (6 mm) sliced	8.00	4.00	1814			1 1/4 cup
3. Tomatoes, canned, crushed, Na/R	12.00	6.00	2722	3 qt		1- 1/4 cup
Water and/or broth	20.00	10.00	4536	1 1/4 gal		2 cup
Allspice, ground	0.03	0.015	7			1/4 tsp
Parsley, dehydrated	0.03	0.015	7			3/4 tsp
Bay leaves, ground	0.02	0.01	5			1/4 tsp
Thyme, ground	0.02	0.01	5			1/3 tsp
4. Starch, Col-Flo 67	0.70	0.35	159			5 1/2 tsp
Flour, wheat, all purpose	0.40	0.20	91			1 tbsp
TOTALS	100.00	50.00	22,682			

YANKEE POT ROAST

Na/R, Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

Meat Preparation

1a. Place roasts in oven and roast at 350°F (176°C) to an internal temperature of 145°F (63°C).

b. Cool roasts to about 50°F (10°C) internal temperature.

c. Slice meat into 1/16 in (0.16 cm) slices.

d. Place approximately 3 oz (85 g) of meat into individual containers.

2. Cook carrots in boiling water until slightly tender. Hold for step 4c.

Gravy Preparation

3a. Combine ingredients listed in section 3 of ingredients listing, reserving some water for step 4a.

b. Heat to 160°F (71°C).

4a. Make a starch slurry using water reserved from 3a.

b. Add to above and heat to 180°F (82°C).

c. Add carrots (drained) from step 2.

d. Add back water to maintain formula weight or volume.

e. Cool gravy to about 50°F (10°C).

f. Pour 3 oz of gravy (85 g) over meat in individual containers.

g. Cover, label, and freeze.

YANKEE POT ROAST

Na/R, Cal/R, Type II HLP, Diab, Bland

NOTES:

1. Formula includes a 10% overrun. Theoretical yield for 100 portions: 110 servings. Theoretical yield for 10 portions: 11 servings.
2. Formula is based on 70% yield of beef. Cooked weight of beef for 100 portions should be approximately 20 lb (9.3 kg).
3. Frozen precooked carrots may be substituted without further cooking.
4. Final weight of gravy for 100 servings is 21.5 lb (9.7 kg). Final volume of gravy for 100 servings is 2.39 gal (9.0 L). One gallon (3.8 L) weighs 9 lb (4.0 kg).
5. To serve without freezing, do not cool gravy. Allow roasts to stand at room temperature for about 20 minutes to facilitate slicing. Ladle 3 oz (85 g) of hot gravy over 3 oz (85 g) of warm meat.
6. Caloric value and fat content of the finished product is dependent on the fat content of the meat component and the degree to which the meat is trimmed of fat.

YANKEE POT ROAST

Na/R, Cal/R, Type II HLP, Diab, Bland

Ingredients

Fruits and Vegetables

1. Carrots, fresh - NSN-8915-00-127-8019, Fed. HHH-V-1744/10 or Carrots, frozen, sliced - NSN-8915-00-162-5087, Fed. HHH-V-1745/6, Style 4.
2. Parsely, dehydrated - NSN-8915-00-975-0530, MIL-P-35090.

Bakery and Cereal Products

3. Flour, wheat, all purpose - NSN-8920-00-140-7748, Fed. N-F-00481, Type II, Class B, Style 2.

Condiments and Related Products

4. Allspice, ground - NSN-8950-00-170-9562, Fed. EE-S-631, Type II.
5. Thyme, ground - NSN-8950-00-616-5483, Fed. EE-S-631, Type II.

Special Procurement

6. Tomatoes, canned, crushed, Na/R.
7. Bay leaves, ground.
8. Starch, Col-Flo 67.
9. Beef, round, frozen, trimmed

Na/R, Cal/R, Type II HLP, Diab, Bland

Fish 3 1/4 oz (92 g)
Sauce 3 oz (85 g)

135

CREOLE HALIBUT

Na/R, Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

Fish Preparation

- 1a. Spray sheet pans lightly with vegetable shortening.
- b. Place halibut steaks on sheet pans in single layers.
- c. Cook in convection oven at 325°F (163°C) for approximately 15 minutes to an internal temperature of 160°F (71°C). Do not overcook.
- d. Cool to about 50°F (10°C).
- e. Place 3 1/4 oz (92 g) steak portions in individual containers.

Sauce Preparation

- 2a. Prepare Creole Sauce according to Na/R, Cal/R, Type II HLP, Diab, Bland Creole Sauce Production Guide.
- b. Pour 3 oz (85 g) sauce over fish in individual containers.
- c. Cover, label and freeze.

NOTES:

1. Formula includes a 10% overrun. Theoretical yield for 100 portions: 110 servings. Theoretical yield for 10 portions: 11 servings.
2. Formula is based on an 85% yield of halibut. Cooked weight of halibut for 100 portions should be approximately 22.3 lb (10.1 kg), including bone. (For guidance, a 3.8 oz (108 g) raw halibut steak should yield a 3 1/4 oz (92 g) cooked steak. Approximately 1/4 oz (7.0 g) of bone will be present in each steak).
3. To serve without freezing, do not cool fish or sauce. Ladle 3 oz (85 g) hot sauce over 3 1/4 oz (92 g) hot fish portions.

CREOLE HALIBUT

Na/R, Cal/R, Type II HLP, Diab, Bland

Ingredients

Meat, Poultry and Fish

1. Halibut, frozen, steak - NSN-8905-00-252-7669, Fed. PP-F-381, Type II, Form IV.

Creole Sauce

2. See Na/R, Cal/R, Type II HLP, Diab, Bland, Creole Sauce Production Guide.

Na/r, Cal/R, Type II HLP, Diab, Bland

Fish	3	oz (85	g)
Gravy	2	oz (57	g)

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LEMON BAKED PERCH

Na/R, Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

Fish Preparation

1a. Place perch in a single layer on racks in deep pans. Partially fill pans with water, keeping the level of water below the level of fish. Cover and steam to an internal temperature of 150°F (65°C).

b. Cool to about 50°F (10°C).

c. Fill individual containers with 3 oz (85 g) of fish.

Gravy Preparation

2a. Combine ingredients listed in section 2 of ingredients listing.

b. Heat to 180°F (82°C).

c. Cool gravy to about 50°F (10°C).

d. Pour 2 oz (57 g) gravy over fish in individual containers.

3a. Sprinkle paprika over fish.

b. Cover, label, and freeze.

NOTES:

1. Formula includes a 10% overrun. Theoretical yield for 100 portions: 110 servings. Theoretical yield for 10 portions: 11 servings.

2. Formula is based on a 78% yield of perch. Weight of cooked perch for 100 portions should be approximately 20.6 lb (9.3 kg).

3. Final weight of gravy for 100 servings is 13.8 lb (6.2 kg). Final volume of gravy for 100 servings is 1.6 gal (6.0 L). One gallon (3.8 L) weighs 8.5 lb (3.8 kg).

4. To serve without freezing, do not cool perch or sauce. Ladle 2 oz (57 g) hot sauce over 3 oz (85 g) hot perch and garnish with paprika.

LEMON BAKED PERCH

Na/R, Cal/R, Type II HLP, Diab, Bland

Ingredients

Meat, Poultry and Fish

1. Perch, frozen, fillets - NSN-8905-00-164-0485, Fed. PP-F-00381, Type II, Form III (1) (a).

Fruits and Vegetables

2. Juice, lemon, frozen - NSN-8915-00-411-2676, MIL-J-11174.

Condiments and Related Products

3. Paprika, ground - NSN-8950-00-170-9563, Fed. EE-S-631.

Special Procurement

4. Sherry flavoring.
5. Starch, Col-Flo 67.

Na/R, Cal/R, Type II HLP, Diab, Bland

2 Patties 3 1/2oz (100 g)
Lemon Juice 2 oz (57 g)

141

SALMON PATTIES WITH LEMON SAUCE

Na/R, Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

Patties Preparation

- 1a. Place ingredients in section 1 of ingredients listing in a mixer.
- b. Mix until ingredients are well blended. Do not overmix.
- c. Chill to about 50°F (10°C).
- d. Form into 2 oz (57 g) patties using Hollymatic or equivalent forming equipment.
- e. Spray sheet pans lightly with vegetable shortening.
- f. Place patties on sheet pans and bake in a convection oven at 325°F (163°C) to an internal temperature of 160°F (71°C).
- g. Remove from oven and cool to about 50°F (10°C).
- h. Place 2 patties 3.5 oz (100 g) in each individual container. Hold for step 2c.

Sauce Preparation

- 2a. Prepare Lemon Sauce according to Na/R, Cal/R, Type II HLP, Diab, Bland Lemon Sauce Production Guide.
- b. Cool to about 50°F (10°C).
- c. Pour 2 oz (57 g) sauce over salmon patties in individual containers.
- d. Cover, label, and freeze.

NOTES:

1. Formula includes a 10% overrun. Theoretical yield for 100 portions: 110 servings. Theoretical yield for 10 portions: 11 servings.
2. Formula is based on 87% yield of salmon patties. Cooked weight of salmon patties for 100 servings (200 patties) should be approximately 24 lb (10.9 kg). (For guidance, a 2 oz (57 g) raw patty should yield a 1 3/4 (50 g) cooked patty.)
3. The pounds specified in the formula are only a guide: use count of patties to assure adequate portions.

SALMON PATTIES WITH LEMON SAUCE

Na/R, Cal/R, Type II HLP, Diab, Eland

NOTES: Continued

4. To serve without freezing, do not cool patties or sauce. Ladle 2 oz (57 g) of hot sauce over 3.5 oz (100 g) of hot patties.

SALMON PATTIES WITH LEMON SAUCE

Na/R, Cal/R, Type II HLP, Diab, Bland

Ingredients

Dairy Foods and Eggs

1. Eggs, whole, frozen - NSN-8910-00-616-0051. Fed. C-E-00230, Type II, Kind a, Class 1.

Fruits and Vegetables

2. Celery, fresh - NSN-8915-00-926-4925, Fed. MHH-V-1744/12.
3. Juice, lemon, frozen - NSN-8915-00-411-2676, MIL-J-11174.

Special Procurement

4. Bread Crumbs Na/R
5. Liquid Smoke C-3
6. Salmon, canned, water pack, Na/R

Lemon Sauce

7. See Na/R, Cal/R, Type II HLP, Diab, Bland Lemon Sauce Production Guide.

TUNA PATTIES WITH LEMON SAUCE

Na/R, Cal/R, Type II HLP, Diab, Bland

2 Patties 3 1/2 oz (100 g)
Lemon Sauce 2 oz (57 g)

145

TUNA PATTIES WITH LEMON SAUCE

Na/R, Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

Patties Preparation

- 1a. Place ingredients in section 1 of ingredients listing in a mixer.
- b. Mix until ingredients are well blended. Do not overmix.
- c. Chill to about 50°F (10°C).
- d. Form into 2 oz (57 g) patties using Hollymatic or equivalent forming equipment.
- e. Spray sheet pans lightly with vegetable shortening.
- f. Place patties on sheet pans and bake in a convection oven at 325°F (163°C) to an internal temperature of 160°F (71°C).
- g. Remove from oven and cool to about 50°F (10°C).
- h. Place 2 patties 3 1/2 oz (100 g) in each individual container. Hold for step 2c.

Sauce Preparation

- 2a. Prepare Lemon Sauce according to Na/R, Cal/R, Type II HLP, Diab, Bland Lemon Sauce Production Guide.
- b. Pour 2 oz (57 g) sauce over tuna patties in individual containers.
- c. Cover, label, and freeze.

NOTES:

1. Formula includes a 10% overrun. Theoretical yield for 100 portions: 110 servings. Theoretical yield for 10 portions: 11 servings.
2. Formula is based on 87% yield of tuna patties. Cooked weight of tuna patties for 100 servings (200 patties) should be approximately 24 lb (10.9 kg). (For guidance, a 2 oz (57 g) raw patty should yield a 1 3/4 oz (50 g) cooked patty.
3. The pounds specified in the formula are only a guide: use count of patties to assure adequate portions.
4. To serve without freezing, do not cool patties or sauce. Ladle 2 oz (57 g) of hot sauce over 3 oz (85 g) of hot patties.

TUNA PATTIES WITH LEMON SAUCE

Na/R, Cal/R, Type II HLP, Diab, Bland

Ingredients

Dairy Foods and Eggs

1. Eggs, whole, frozen - NSN-8910-00-616-0051. Fed. C-E-00230, Type II, Kind a, Class 1.

Fruits and Vegetables

2. Celery, fresh - NSN-8915-00-926-4925. Fed. HHH-V-1744/12.

3. Juice, lemon, frozen - NSN-8915-00-411-2676. MIL-J-11174.

Special Procurement

4. Bread crumbs, Na/R

5. Dill, ground

6. Tuna, canned, water pack, Na/R

Lemon Sauce

7. See Na/R, Cal/R, Type II HLP, Diab, Bland Lemon Sauce Production Guide.

Na/R, Cal/R, Type II HLP, Diab, Bland

Chicken	3	oz (85 g)
Gravy	3	oz (85 g)

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CHICKEN CACCIATORE

Na/R, Cal/R, Type II HLP, Diab, Bland

PROCEDURE

Chicken Preparation

- 1a. Steam chicken parts at 15 p.s.i. (103 kPa) for approximately 20 minutes to an internal temperature of 160°F (71°C).
- b. Cool to about 80°F (27°C) to facilitate handling.
- c. Remove skin and bones from cooked chicken parts.
- d. Cool chicken meat to about 50°F (10°C).
- e. Place 3 oz (85 g) of chicken in individual containers.

Gravy Preparation

2. Simmer mushrooms in small amount of water until tender.
- 3a. Combine ingredients listed in section 3 of ingredients listing, reserving some water or broth for step 4a.
- b. Heat to 160°F (71°C).
- 4a. Using ingredients listed in step 4 of ingredients listing make a starch flour slurry with water or broth from step 3a, add to ingredients from step 3 and heat to 180°F (82°C).
- b. Add back water or broth to maintain formula weight or volume.
- c. Cool gravy to about 50°F (10°C).
- d. Pour 3 oz (85 g) of gravy over chicken in individual containers.
- e. Cover, label, and freeze.

CHICKEN CACCIATORE

Na/R, Cal/R, Type II HLP, Diab, Bland

NOTES:

1. Formula includes 10% overrun. Theoretical yield for 100 portions: 110 servings. Theoretical yield for 10 portions: 11 servings.

2. Formula is based on 40% yield of chicken. This includes 70% yield from raw weight to cooked weight and 57% yield from cooked weight to edible meat. Cooked weight of edible meat for 100 portions should be approximately 20.6 lb (9.3 kg).

3. In the event that the broth from the chicken steaming operation can be saved, this broth should be used in satisfying the water requirement in section 3.

4. Final weight of gravy for 100 servings is 20.6 lb (9.3 kg). Final volume of gravy for 100 servings is 2.3 gal (9.6 L). One gallon (3.8 L) weighs 9 lb (4.0 kg).

5. To serve without freezing, do not cool chicken or gravy. Combine in kettle, heat to 160°F and hold for 20 minutes to blend flavors. Serve 6 oz portions.

6. Caloric value and fat content of the finished product is dependent on the fat content of the meat component. Selection of white in lieu of dark meat and elimination of surface fat will provide a means for desired control.

CHICKEN CACCIATORE

Na/R, Cal/R, Type II HLP, Diab, Bland

Ingredients

Meat, Poultry and Fish

1. Chicken, frozen - NSN-8905-00-126-3416, Fed. PP-C-248, Type III, Class 1, Style 1.

Cereal and Bakery Products

2. Flour, wheat, general purpose - NSN-8920-00-140-7748, Fed. N-F-00481, Type III, Class B, Style 2.

Special Procurement

3. Basil, dehydrated
4. Mushrooms, fresh
5. Oregano, dehydrated
6. Starch, Col-Flo 67
7. Tomatoes, canned, crushed Na/R

Na/R, Cal/R, Type II HLP, Diab, Bland

Chicken	3	oz	(85	g)
Gravy	2	oz	(57	g)

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ROAST CHICKEN

Na/R, Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

Meat Preparation

1a. Place chicken parts (legs, breasts, thighs) in single layer on sheet pans and bake in oven at 325°F (163°C) to an internal temperature of 165°F (74°C).

b. Remove from oven and remove skin and bone.

c. Cool to about 50°F (10°C).

d. Place approximately 3 oz (85 g) of boneless chicken in individual containers.

Gravy Preparation

2a. Combine ingredients listed in section 2 of ingredients listing, reserving some broth for Step 3a.

b. Heat to 160°F (71°C).

3a. Make a starch-flour slurry using broth reserved from Step 2a. When making a slurry using flour, the liquid should always be added to the dry ingredients.

b. Add to above.

c. Heat to 180°F (82°C).

d. Add back water to maintain formula weight or volume.

e. Cool to about 50°F (10°C).

f. Pour 2 oz (57 g) of gravy over turkey in individual containers.

g. Cover, label, and freeze.

NOTES:

1. Formula includes 10% overrun. Theoretical yield for 100 portions: 110 servings. Theoretical yield for 10 portions: 11 servings.

2. Formula is based on 40% yield of chicken. This includes 70% yield from raw weight to cooked weight and 57% yield from cooked weight to edible meat. Cooked weight of chicken for 100 portions should be approximately 20.6 lb (9.5 kg) and edible meat 20.6 lb (9.3 kg).

ROAST CHICKEN

Na/R, Cal/R, Type II HLP, Diab, Bland

NOTES: (cont'd)

3. Final weight of gravy for 100 servings is 13.8 lb (6.2 kg). Final volume of gravy for 100 servings is 1.6 gal (6.0 L). One gallon (3.8 L) weighs 8.5 lb (3.8 kg).

4. To serve without freezing, do not cool chicken or gravy. Ladle 2 oz (57 g) of hot gravy over 5 oz (142 g) of hot chicken.

5. When preparing bone-in chicken for frozen storage, previously frozen chicken should not be used.

6. Caloric value and fat content of the finished product is dependent on the fat content of the meat component. Selection of white in lieu of dark meat and elimination of skin and surface fat will provide a means for desired control.

7. If sodium restricted chicken broth cannot be obtained, use of in-house broth is recommended.

ROAST CHICKEN

Na/R, Cal/R, Type II HLP, Diab, Bland

Ingredients

Dairy Foods and Eggs

1. Milk, nonfat, dry - NSN-8910-00-982-2779, Fed. C-M-00350, Type I, Style C.

Bakery and Cereal Products

2. Flour, wheat, general purpose - NSN-8920-00-140-7748, Fed. N-F-00481 Type III, Class B, Style 2.

Condiments

3. Savory, ground - NSN-8950-00-080-5960, Fed. EE-S-631, Type II.

Special Procurement

4. Chicken, chilled and frozen - PP-C-248, Type I, Class 1.
5. Celery seed, ground.
6. Chicken broth, Na/R.
7. Soup and gravy base, instant chicken, Na/R.
8. Starch, Col-Flo 67.

ROAST TURKEY

Na/R, Cal/R, Type II HLP, Diab, Bland

Each Portion

Turkey 3 oz (85 g)
Gravy 2 oz (85 g)

Ingredients	Percent	100 Portions		Volume (liquids)	10 Portions	
		Pounds	Grams		Weight	Measure
1. Turkey breasts	73.93	38.19	17,323		3 lb 13 oz	
2. Chicken broth, Na/R	24.98	12.974	5885	1 1/2 gal		2 1/2 cup
Soup and gravy base, Na/R	0.40	0.21	95			1 1/2 tsp
Caramel Color	0.005	.003	1			1/8 tsp (pinch)
Thyme, ground	0.005	.003	1			1/8 tsp (pinch)
3. Starch, Col-Flo 67	0.73	0.38	172			2 tbsp
Flour, wheat, general purpose	0.35	0.18	82			2 1/2 tsp
TOTALS	100.00	51.94	23,560			

ROAST TURKEY

Na/R, Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

Meat Preparation

- 1a. Steam turkey breasts at 15 p.s.i. (103 kPa) to an internal temperature of 170°F (77°C).
- b. Remove and discard skin and bones.
- c. Cool to about 50°F (10°C).
- d. Slice to a thickness of approximately 3/16 in. (5 mm).
- e. Place 3 oz (85 g) in individual containers.

Gravy Preparation

- 2a. Combine ingredients listed in section 2 of ingredients listing, reserving some broth for step 3a.
- b. Heat to 160°F (71°C).
- 3a. Make a starch-flour slurry using broth reserved from step 2a. When making a slurry using flour, the liquid should always be added to the dry ingredients.
- b. Add to above.
- c. Heat to 180°F (88°C).
- d. Add back water to maintain formula weight or volume
- e. Cool to about 50°F (10°C).
- f. Pour 2 oz (57 g) of gravy over turkey in individual containers.
- g. Cover, label, and freeze.

NOTES:

1. Formula includes 10% overrun. Theoretical yield for 100 portions: 110 servings. Theoretical yield for 10 portions: 11 servings.
2. Formula is based on a 54% yield of turkey. This includes a 65% yield from raw weight to cooked weight and a 83% yield from cooked meat to sliceable meat. Cooked weight of boneless, skinless meat for 100 portions should be approximately 20.6 lb (9.3 kg).

ROAST TURKEY

Na/R, Cal/R, Type II HLP, Diab, Bland

NOTES: (cont'd)

3. Final weight of gravy for 100 servings is 13.75 lb (6.2 kg). Final volume of gravy for 100 servings is 1.6 gal (6.0 L). One gallon (3.8 L) weighs 8.5 lb (3.8 kg).

4. To serve without freezing, do not cool gravy. Allow turkey to stand at room temperature to facilitate slicing. Ladle 2 oz (57 g) of hot gravy over 3 oz (85 g) of warm turkey.

5. If sodium restricted chicken broth cannot be obtained, use of in-house broth is recommended.

ROAST TURKEY

Na/R, Cal/R, Type II HLP, Diab, Bland

Ingredients

Cereal and Bakery Products

1. Flour, wheat, general purpose - NSN-8920-00-140-2748, Fed. N-F-00481, Type III, Class B, Style 2.

Condiments

2. Thyme, ground - NSN-8950-00-616-5483, Type II.

Special Procurement

3. Caramel Color, powdered.
4. Chicken broth, Na/R.
5. Soup and gravy base, instant, chicken flavored, Na/R.
6. Starch, Col-Flo 67.
7. Turkey breasts.

ROAST RABBIT WITH MUSHROOM SAUCE

Each Portion

Meat 4 1/2 oz (128 g)
Sauce 3 oz (85 g)

Ingredients	Percent	100 Portions		Volume (liquids)	10 Portions	
		Pounds	Grams		Weight	Measure
1. Rabbit, cut-up	66.66	41.25	18,711		4 lb 2 oz	
2. Mushroom Sauce, Na/R, Cal/R, Type HLP, Diab, Bland	33.34	20.63	9358	2.3 gal		3 1.3 cup
TOTALS	100.00	61.88	28,069			

ROAST RABBIT WITH MUSHROOM SAUCE

Na/R, Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

Meat Preparation

- 1a. Spray sheet pans lightly with vegetable shortening.
- b. Place cut-up rabbit pieces on sheet pans in a single layer.
- c. Roast in a convection oven at 325°F (163°C) to an internal temperature of 165°F (74°C).
- d. Cool to about 50°F (10°C).
- e. Place approximately 4 1/2 oz (128 g) bone-in rabbit in each individual container.

Sauce Preparation

- 2a. Prepare mushroom sauce according to Na/R, Cal/R, Type II HLP, Diab, Bland Mushroom Sauce Production Guide.
- b. Pour 3 oz (85 g) sauce over meat in individual containers.
- c. Cover, label, and freeze.

NOTES:

1. Formula includes 10% overrun. Theoretical yield for 100 portions: 110 servings. Theoretical yield for 10 portions: 11 servings.

2. Formula is based on a 50% yield of rabbit. This includes a 75% yield from raw weight to cooked weight and a 67% yield from cooked weight to edible meat. Cooked weight of rabbit for 100 servings should be approximately 30.9 lb (14.0 kg). (For guidance, a 4 1/2 oz (127 g) bone-in portion of rabbit should yield a 3 oz (85 g) portion of cooked, edible meat).

3. To serve without freezing, do not cool meat or sauce. Ladle 3 oz (85 g) of hot sauce over 4 1/2 oz (120 g) of hot rabbit.

ROAST RABBIT WITH MUSHROOM SAUCE

Na/R, Cal/R, Type II HLP, Diab, Bland

Ingredients

Meat, Poultry and Fish

1. Rabbit, frozen - NSN-8905-00-273-3622, Fed. PP-R-0021, Type II, Class 1, Style 2.

Sauce

2. See Na/R, Cal/R, Type II HLP, Diab, Bland Mushroom Sauce Production Guide.

Each Portion

Ingredients	Percent	100 Portions		Volume (liquids)	10 Portions	
		Pounds	Grams		Weight	Measure
1. Veal Cutlets	58.19	29.40	13,336		2 lb 15 oz	
Salad oil	1.00	0.50	227	1 cup		5 tsp
2. Vegetable Sauce, Na/R, Cal/R, Type II HLP, Diab, Bland	40.81	20.62	9353	2.2 gal		1 qt
TOTALS	100.00	50.52	22,916			

GRILLED VEAL CUTLET WITH VEGETABLE SAUCE

Na/R, Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

Meat Preparation

1a. Grill cutlets on a lightly oiled grill to an internal temperature of 160°F (71°C).

b. Place one cutlet in each individual container.

Sauce Preparation

2a. Prepare vegetable sauce according to Na/R, Cal/R, Type II HLP, Diab, Bland Vegetable Sauce Production Guide.

b. Pour 3 oz (85 g) over meat in individual containers.

c. Cover, label, freeze.

NOTES:

1. Formula includes a 10% overrun. Theoretical yield for 100 portions: 110 servings. Theoretical yield for 10 portions: 11 servings.

2. Formula is based on 70% yield of veal. Cooked weight of veal for 100 portions should be approximately 20.6 lb (9.3 kg). (For guidance, a 4 1/4 oz (120 g) veal cutlet (raw) should yield a 3 oz (85 g) cooked portion.

3. The pounds of meat specified in the formula are only a guide. Use count of cutlets to assure 100 portions.

4. To serve without freezing, do not cool cutlets or sauce. Ladle 3 oz. (85 g) hot sauce over 3 oz (85 g) portion of hot cutlets.

5. Caloric value and fat content of the finished product is dependent on the fat content of the meat component and the degree to which the meat is trimmed of fat.

GRILLED VEAL CUTLET WITH VEGETABLE SAUCE

Na/R, Cal/R, Type II HLP, Diab, Bland

Ingredients

Fats and Oils

1. Salad oil - NSN-8945-00-616-0082, Fed. JJJ-S-30, Type B.

Special Procurement

2. Veal outlets.

Vegetable Sauce

3. See referenced Na/R, Cal/R, Type II HLP, Diab, Bland Vegetable Sauce Production Guide.

Na/R, Cal/R, Type II HLP, Diab, Bland

Meat	3	oz (85 g)
Sauce	3	oz (85 g)

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ITALIAN VEAL BALLS WITH TOMATO SAUCE

Na/R, Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

Meat Preparation

- 1a. Combine ingredient in section 1 of ingredients listing in a mixer.
- b. Mix for one minute at low speed.
- c. Form into 1 oz (28 g) veal balls.
- d. Place on large baking sheets and cook in convection oven at 325°F (163°C) for approximately 15 minutes to an internal temperature of 160°F (71°C).
- e. Cool to about 50°F (10°C).
- f. Place four veal balls in each individual container.

Sauce Preparation

- 2a. Prepare tomato sauce according to Na/R, Cal/R, Type II HLP, Diab, Bland Tomato Sauce Production Guide.
- b. Pour 3 oz (85 g) of sauce over veal balls in each individual container.
- c. Cover, label, and freeze.

NOTES:

1. Formula includes a 10% overrun. Theoretical yield for 100 portions: 110 servings. Theoretical yield for 10 portions: 11 servings.
2. Formula is based on an 85% yield of veal balls. Cooked weight of veal balls for 100 portions should be approximately 20.6 lb (9.3 kg).
3. To serve without freezing, do not cool veal balls or sauce. Ladle 3 oz (85 g) of hot sauce over four hot veal balls for each portion.
4. Caloric value and fat content of the finished product is dependent on the fat content of the meat component.

ITALIAN VEAL BALLS WITH TOMATO SAUCE

Na/R, Cal/R, Type II HLP, Diab, Bland

Ingredients

Dairy Foods and Eggs

1. Eggs, whole, frozen - NSN-8910-00-616-0051, Fed. C-E-00230, Type II, Kind a, Class 1.

Special Procurement

2. Bread crumbs, Na/R.
3. Marjoram, ground.
4. Milk, skim, homogenized Na/R.
5. Rosemary, ground.
6. Veal, boneless, ground, 3/16".

Tomato Sauce

7. See Na/R, Cal/R, Type II HLP, Diab, Bland Tomato Sauce Production Guide.

Na/R, Cal/R, Type II HLP, Diab, Bland

Veal Loaf 3½ oz (100 g)
Sauce 3 oz (100 g)

VEAL LOAF WITH VEGETABLE SAUCE

Na/R, Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

1a. Mix ingredients listed in section 1 of ingredient listing on low speed in mechanical mixer (Hobart or equivalent) for approximately two minutes or until well mixed and the mixture becomes tacky.

b. Place veal loaf in loaf pans, filling about 3/4 full. Level and pack well to allow escape of air.

c. Cook in convection oven at 325°F (163°C) for approximately 45 minutes or until internal temperature reaches 160°F (71°C).

d. Cool to about 50°F (10°C).

e. Slice into 3.5 oz (100 g) portions.

f. Place one slice of veal loaf in each individual container.

2a. Prepare vegetable sauce according to Na/R, Cal/R, Type II HLP, Diab, Bland Vegetable Sauce Production Guide.

b. Pour 3 oz (85 g) over veal loaf in individual containers.

c. Cover, label, and freeze.

NOTES:

1. Formula includes 10% overrun. Theoretical yield for 100 portions: 110 servings. Theoretical yield for 10 portions: 11 servings.

2. Formula is based on an 80% yield of veal loaf. Cooked weight of veal loaf for 100 portions should be approximately 24.1 lb (10.9 kg).

3. To serve without freezing do not cool sauce. Cool loaf to about 100°F (38°C) to facilitate slicing. Ladle 3 oz (85 g) of hot vegetable sauce over 3 1/2 oz (100 g) of warm sliced veal loaf for each serving.

4. Caloric value and fat content of the finished product are dependent on the fat content of the meat component.

VEAL LOAF WITH VEGETABLE SAUCE

Na/R, Cal/R, Type II HLP, Diab, Bland

Ingredients

Dairy Foods and Eggs

1. Eggs, whole, frozen - NSN-8910-00-616-0051, Fed. C-E-00230, Type II, Kind a, Class 1.

Fruits and Vegetables

2. Celery, fresh - NSN-8915-00-926-4925, Fed. HHH-V-1744/12.

Special Procurement

3. Bread crumbs, Na/R.
4. Juice, tomato, canned, Na/R.
5. Veal, boneless, ground 3/8"

Vegetable Sauce

6. See Na/R, Cal/R, Type II HLP, Diab, Bland Vegetable Sauce Production Guide.

Na/R, Cal/R, Type II HLP, Diab, Bland

Meat	3	oz (85	g)
Sauce	3	oz (85	g)

Ingredients	Percent	100 Portions		Volume (liquids)	10 Portions	
		Pounds	Grams		Weight	Measure
1. Veal steaks, minute	56.56	27.50	12,474		2 lb 12 oz	
Salad oil	1.03	0.50	227	1 cup		5 tsp
2. Mushroom Sauce, Na/R, Cal/R, Type II HLP, Diab, Bland	42.41	20.62	9353	2.1 gal		3 1/3 cup
TOTALS	100.00	48.62	22,054			

VEAL STEAKS BRAISED WITH MUSHROOMS

Na/R, Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

Meat Preparation

1a. Tenderize veal steak in meat tenderizer (cubing-type) by passing the steak through twice, once with the grain, and once against the grain.

b. Grill on lightly oiled grill to an internal temperature of 160°F (71°C).

c. Place one steak in each individual container.

Sauce Preparation

2a. Prepare Mushroom Sauce according to referenced Na/R, Cal/R, Type II HLP, Diab, Bland Mushroom Sauce Production Guide.

b. Pour 3 oz (85 g) of sauce over meat in individual containers.

c. Cover, label, and freeze.

NOTES:

1. Formula includes 10% overrun. Theoretical yield for 100 portions: 110 servings. Theoretical yield for 10 portions: 11 servings.

2. Formula is based on 75% yield of veal; cooked weight of veal for 100 portions should be approximately 20.6 lb (9.3 kg). (For guidance, a 4 1/4 oz (120 g) outlet should yield a 3 oz (85 g) cooked portion).

3. The pounds of meat specified in the formula are only a guide: use count of steaks to assure 100 portions.

4. To serve without freezing, do not cool meat or sauce, Ladle 3 oz (85 g) hot sauce over 3 oz (85 g) hot meat.

5. Caloric values and fat content of the finished product are dependent on the fat content of the meat component and the degree to which the meat is trimmed.

VEAL STEAKS BRAISED WITH MUSHROOMS

Na/R, Cal/R, Type II HLP, Diab, Bland

Ingredients

Fats and Oils

1. Salad oil - NSN-8945-00-616-0082, Fed. JJJ-S-30, Type B.

Mushroom Sauce

2. See Na/R, Cal/R, Type II HLP, Diab, Bland Mushroom Sauce Production Guide.

Special Procurement

3. Veal steaks, minute.

Caloric, restricted, Type II HLP, diabetic, bland
sauce production guides

Cal/R, Type II HLP, Diab, Bland

3 oz (85 g)

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CREOLE SAUCE

Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

1. Dilute concentrated juice to single strength. Combine the required amount of lemon juice with remainder of ingredients in Section 1 and heat over low flame to 160°F (71°C). Stir as required.

2a. Combine sliced, drained mushrooms with vegetable ingredients listed in Section 2 with water and heat to 160°F (71°C).

b. Add these cooked vegetables with residual water to above and cook over medium heat until temperature reaches 160°F (71°C).

3a. Combine ingredients listed in Section 2 and add to above. Cook over medium heat until temperature reaches 180°F (82°C).

b. Add back water to maintain formula weight or volume.

c. Cool to 50°F (10°C).

d. Use as required in other production guides.

NOTES:

1. Formula (100 servings) makes 2.1 gallons (18.75 lb). One gallon weighs 8.75 pounds.

2. Use within 2 hours or refrigerate and use within 24 hours.

CREOLE SAUCE

Cal/R, Type II HLP, Diab, Bland

Ingredients

Vegetables

1. Celery, fresh - NSN-8915-00-252-3793. Fed. HHH-V-1744/12.
2. Juice, lemon, frozen, concentrated - NSN-8915-00-411-2676, MIL-J-11174.
3. Mushrooms, canned, white, sliced - NSN-8915-00-551-0340, Fed. JJJ-V-1746/9, Type II, Style B.
4. Tomatoes, canned - NSN-8915-00-582-4060, Fed. JJJ-V-1746/20, Type I.

Bakery and Cereal Products

5. Flour, wheat, general purpose - NSN-8920-00-140-7748, Fed. N-F-00481, Type III, Class B, Style 2.

Condiments and Related Products

6. Salt, table, iodized - NSN-8950-00-262-8886, Fed. SS-S-31.

Special Procurement

7. Carrots, diced, frozen. Available through Institutional Food Chains.
8. Smoke Flavor - (Charsol C-6). Available through Red Arrow Products Co.
9. Modified starch (Col-Flo). Available through National Starch and Chemical Corporation, Bridgewater, NY. - or -
Modified starch (Rezista). Available through A. E. Staley Manufacturing Co., Decatur, IL.

LEMON BUTTER SAUCE

Cal/R, Type II HLP, Diab, Bland

Each Portion

2 oz (57 g)

Ingredients	Percent	100 Portions		Volume (liquids)	10 Portions	
		Pounds	Grams		Weight	Measure
1. Water	58.41	7.30	3315	3 1/2 qt		1 1/2 cup
Juice, lemon, reconstituted	7.27	0.91	413	1 3/4 cup		3 tbsp
Parsley, fresh, chopped	1.82	0.23	104			2 3/4 tsp
2. Water	24.87	3.11	1412	1 1/2 qt		2/3 cup
Butter replacement mix	3.13	0.39	177			1 tbsp
Flour, wheat, general purpose	2.25	0.28	127			4 tsp
Starch, modified	2.25	0.28	127			4 1/2 tsp
TOTALS	100.00	12.50	5675			

LEMON BUTTER SAUCE

Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

1. Dilute concentrated lemon juice to single strength. Combine the required amount of lemon juice (single strength) with the rest of ingredients in section 1 and cook over medium heat to 160°F (71°C).

2a. Combine ingredients listed in section 2 and add to above.

b. Cook over medium heat to 180°F (82°C). Stir as required.

c. Add back water to maintain formula weight or volume

d. Cool to 50°F (10°C).

e. Use as required in other production guides.

NOTES:

1. Formula (100 servings) makes 1.5 gal (12.5 lb). One gallon weighs 8.5 lb.

2. Use within 2 hours or refrigerate and use within 24 hours.

LEMON BUTTER SAUCE

Cal/R, Type II HLP, Diab, Bland

Ingredieints

Fruits and Vegetables

1. Juice, lemon, frozen concentrated - NSN-8915-00-411-2676, MIL-J-11174.
2. Parsley, fresh - NSN-8915-00-127-8922, Fed. HHH-V-1744/24.

Bakery and Cereal Products

3. Flour, wheat, general purpose - NSN-8920-00-140-7748, Fed. N-F-00481, Type III, Class B, Style 2.

Special Procurement

4. Butter Replacement Mix (Instabutter) - available through American Family Products, Inc., Milrose Park, IL.
5. Starch, Modified (Col-Flo 67) - available through National Starch and Chemical Corporation, Bridgewater, NY - or -
Starch, Modified (Rezista) - available through A. E. Staley Mfg. Co., Decatur, IL.

Cal/R, Type II HLP, Diab, Bland

3 oz (85 g)

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MUSHROOM SAUCE

Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

1. Drain mushrooms (discard brine) and slice mushrooms thin - approximately 1/8 inch.
- 2a. Combine all ingredients listed in Section 2 and add drained mushrooms.
 - b. Cook over low heat to 160°F (71°C). Stir as required.
- 3a. Combine all ingredients listed in Section 3 and add to above.
 - b. Continue cooking over medium heat until temperature reaches 180°F, (82°C). Stir as required.
 - c. Add back water to maintain formula weight or volume.

NOTES:

1. Formula (100 servings) makes 2.1 gallons (18.75 lb) sauce.
2. Use within 2 hours or refrigerate and use within 24 hours.
3. 0.5% of gravy flavoring may be added to enhance color of mushroom sauce.

MUSHROOM SAUCE

Cal/R, Type II HLP, Diab, Bland

Ingredients

Vegetables

1. Mushroom, canned, white, sliced - NSN-8915-00-551-0340, Fed. JJJ-V-1746/9, Type II, Style B.

Bakery and Cereal Products

2. Flour, wheat, general purpose - NSN-8920-00-140-7748, Fed. N-F-00481, Type III, Class B, Style 2.

Soups and Bouillion

3. Soup and gravy base, beef flavored - NSN-8935-00-234-6217, Fed. EE-B-574C, Type I, Class I, Style A.

Special Procurement

4. Gravy flavoring (Kitchen Bouquet). Available through the Clorox, Co., Food Svc. Product Div., Oakland, CA.

5. Starch, modified (Col-Flo 57). Available through National Starch and Chemical Corp., Bridgewater, NY - or -

Starch, modified (Rezista). Available through A. E. Staley Manufacturing Co., Decatur, IL.

Cal/R, Type II HLP, Diab, Bland

3 oz (85 g)

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TOMATO SAUCE

Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

1. Combine ingredients in section 1 and cook over medium heat to 160°F (71°C).

2a. Combine ingredients in section 2 and add to above.

b. Continue cooking over medium heat until temperature reaches 160°F (71°C). Stir as required.

3a. Combine ingredients in section 3 and add to above. Cook over medium heat until temperature reaches 180°F (82°C) Stir as required.

b. Add back water to maintain formula weight or volume.

c. Cool to 50°F (10°C).

d. Use as required in other production guides.

NOTES:

1. Formula (100 servings) makes 2.2 gal of sauce (18.75 lb). One gallon weighs 8.5 lb.

2. Use within 2 hours or refrigerate and use within 24 hours.

TOMATO SAUCE

Cal/R, Type II-HLP, Diab, Bland

Ingredients

Fruits and Vegetables

1. Carrots, frozen - NSN-8915-00-162-5087, Fed. HHH-V-1745/6, Style IV.
2. Celery, fresh - NSN-8915-00-252-3783, Fed. HHH-V-1744/12.
3. Juice, tomato, canned (single strength) - NSN-8915-00-255-0523, Fed. JJJ-V-1746/8, Type I.
4. Tomato paste - NSN-8915-00-127-9303, Fed. JJJ-V-1746/22, Type I or II, concentration (b), (c), or (d), texture (1) or (2).

Soups and Bouillons

5. Soup and gravy base, instant, beef flavored - NSN-8935-00-234-6217, Fed. EE-B-575, Type I, Class 1, Style A.

Condiments and Related Products

6. Basil, sweet, ground - NSN-8950-00-404-6066, Fed. EE-S-631, Type II.
7. Oregano, ground - NSN-8950-00-062-8138, Fed. EE-S-631, Type II.

Bakery and Cereal Products

8. Flour, wheat, general purpose - NSN-8920-00-140-7748, Fed. N-F-00481, Type III, Class B, Style 2.

Special Procurement

9. Modified starch (Col-Flo 67) - available through National Starch and Chemical Corp., Bridgewater, New York. - or -

Modified starch (Rezista) - available through A. E. Staley Manufacturing Company, Decatur, Illinois.

10. Tomatoes, crushed, canned.

VEGETABLE SAUCE

Cal/R, Type II HLP, Diab, Bland

Each Portion

3 oz (85 g)

Ingredients	Percent	100 Portions		Volume (liquids)	10 Portions	
		Pounds	Grams		Weight	Measure
1. Water	21.81	4.09	1856	2 qt		3/4 cup
Peas, green, frozen	3.28	0.62	281			. 3 tbsp
Carrots, frozen, diced	2.13	0.40	182			2 tbsp
Celery, fresh, chopped	2.13	0.40	182			2 tbsp
2. Tomatoes, crushed, canned	30.77	5.77	2620			1 cup
Tomato paste, canned	4.00	0.75	340			2 tbsp
Soup and gravy base, beef flavored	2.45	0.46	209			5 tsp
Vinegar, distilled, or cidar (5%)	1.67	0.31	141	2/3 cup		1 tbsp
Bay leaves, ground	0.03	0.005	2			< 1/8 tsp (pinch)
Thyme, ground	0.03	0.005	2			< 1/8 tsp (pinch)
3. Water	28.00	5.25	2384	2 1/2 qt		1 cup
Starch, modified	2.50	0.47	213			7 1/2 tsp
Flour, wheat, general purpose	1.20	0.22	100			1 tbsp
TOTALS	100.00	18.75	8512			
			188			

VEGETABLE SAUCE

Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

1. Combine ingredients in section 1 and cook over low heat to 160°F (71°C). Stir as required.
2. Combine ingredients in section 2 and add to above. Continue cooking over low heat. Stir as required.
- 3a. Combine ingredients in section 3 and add to above. Continue cooking over low heat to 180°F (82°C). Stir as required.
 - b. Add back water to maintain formula weight or volume.
 - c. Cool to 50°F (10°C).
 - d. Use as required in other production guides.

NOTES:

1. Formula (100 servings) makes 2.2 gallons sauce (18.75 lb). One gallon weighs 8.5 lb.
2. Use within 2 hours or refrigerate and use within 24 hours.

VEGETABLE SAUCE

Cal/R, Type II HLP, Diab, Bland

Ingredients

Vegetables

1. Celery, fresh. - NSN-8915-00-252-3783, Fed. HHH-V-1744/12.
2. Peas, frozen - NSN-8915-00-127-8021, Fed. HHH-V-1745/14.
3. Tomatoes, canned, crushed - NSN-8915-00-582-4060, Fed. JJJ-V-1746/20, Type I
4. Tomato Paste - NSN-8915-00-127-9303, Fed. JJJ-V-1746/22, Type I or II, Concentration (b), (c), or (d) texture (1) or (2).

Bakery and Cereal Products

5. Flour, wheat, general purpose - NSN-8920-00-140-7748, Fed. N-F-00481, Type III, Class B, Style 2.

Soups and Bouillon

6. Soup and gravy base, beef flavored - NSN-8935-00-234-6217, Fed. EE-B-574, Type I, Class I, Style A.

Condiments and Related Products

7. Thyme, ground - NSN-8950-00-538-1568, Fed. EE-S-631, Type II.
8. Vinegar, cidar or distilled, 50 grain - NSN-8950-00-221-0297, Fed. Z-V-401, Type I or II.

Special Procurement

9. Bay leaves, ground
10. Carrots, diced, frozen
11. Starch, modified (Col-Flo 67) - available through National Starch and Chemical Corporation, Bridgewater, NY. - or -
Starch, modified (Rezista) - available through A. E. Staley Manufacturing Company, Decatur, IL.

Sodium restricted and/or calorie restricted

Type II HLP, diabetic, bland

sauce production guides

CHERRY SAUCE

Na/R and/or Cal/R, Type II HLP, Diab, Bland

Each Portion

2 oz (57 g)

Ingredients	Percent	100 Portions		Volume (liquids)	10 Portions	
		Pounds	Grams		Weight	Measure
1. Water	18.647	2.33	1058	4 2/3 cup	1/2 cup	
Vinegar, cider (5%)	2.30	0.29	132	1/2 cup	1 tbsp	
Juice, lemon, reconstituted	0.40	0.05	23	4 tsp	1/2 tsp	
Salt, table, iodized	0.25	0.03	14		1/4 tsp	
Calcium Saccharin	0.05	0.006	3		1/8 tsp (pinch)	
Food coloring, liquid (red)	0.003	0.004	0.2		1/8 tsp	
2. Cherries, red, sour, pitted (drained)	37.35	4.67	2120		1 1/4 cup	
3. Fruit juice and water	38.00	4.75	2155	3 1/3 qt	1 cup	
Flour, wheat, general purpose	1.50	0.19	86		1 tbsp	
Starch, modified	1.50	0.19	86		1 tbsp	
TOTALS	100.00	12.5064	5678.2			

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CHERRY SAUCE

Na/R and/or Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

1. Dilute concentrated lemon juice to single strength. Combine the required amount of lemon juice (single strength) with the rest of the ingredients in section 1 and cook over medium heat to 160°F (71°C).

2a. Drain sour pitted cherries.

b. Reserve juice and cherries for Step 3.

3a. Combine all ingredients listed in section 3 with pitted cherries.

b. Add these to ingredients in section 1 and continue cooking over medium heat to 180°F (82°C). Stir as required.

c. Add back water to maintain formula weight or volume.

d. Cool to 50°F (10°C).

e. Use as required in other production guides.

NOTES:

1. Formula (100 servings) makes 1.3 gal (12.5 lb). One gallon weighs 9.2 lb.

2. Use within 2 hours or refrigerate and use within 24 hours.

CHERRY SAUCE

Na/R and/or Cal/R Type II HLP, Diab, Bland

Ingredients

Fruits and Vegetables

1. Cherries, canned, red tart (sour), pitted water pack - NSN-8915-00-290-6057, Fed. Z-F-1742/6, Type I (a).
2. Juice, lemon, frozen, concentrated - NSN-8915-00-411-2676, MIL-J-11174.

Bakery and Cereal Products

3. Flour, wheat, general purpose - NSN-8920-00-140-7748, N-F-00481, Type III, Class B, Style 2.

Condiments and Related Products

4. Salt, table, iodized - NSN-8950-00-262-8886, Fed. SS-S-31.
5. Vinegar, cider or distilled, - NSN-8950-00-221-0297, Fed. Z-V-401, Type I, Strength B.

Special Procurement

6. Calcium Saccharin - available through Mitsubishi International Corporation, New York, NY.
7. Food Coloring, liquid (red color) - available through Durkee Famous Foods, Cleveland, OH.
8. Starch, modified (Col Flo.67) - available through National Starch and Chemical Corporation, Bridgewater, NY. - or -
Starch, modified (Rezista) - available through A. E. Staley Manufacturing Co., Decatur, IL.

Na/R and/or Ca1/R, Type II HLP Diab, Bland

2 oz (57 g)

Ingredients	Percent	100 Portions		Volume (liquids)	10 Portions	
		Pounds	Grams		Weight	Measure
1. Water	25.11	3.14	1424	1 1/2 qt		2/3 cup
Vinegar, cider	2.30	0.29	132	1/2 cup		2 3/4 tsp
Juice, lemon (single strength)	0.40	0.05	23	4 3/4 tsp		1/2 tsp
Calcium Saccharin	0.03	0.004	2			< 1/8 tsp (pinch)
Caramel Color	0.01	0.001	0.5			< 1/8 tsp (pinch)
Mace, ground	0.01	0.001	0.5			< 1/8 tsp (pinch)
2. Water	40.00	5.00	2268	2 1/3 qt		1 cup
Currant	14.00	1.75	794			1/2 cup
3. Water	15.14	1.894	859	3 2/3 cup		1/3 cup
Starch, modified	1.75	0.22	100			3 1/2 tsp
Flour, general purpose	1.25	0.15	68			2 1/3 tsp
TOTALS	100.00	12.50	5671			

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CURRENT SAUCE

Na/R, and/or Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

1. Combine ingredients in section 1 and cook over low heat at 160°F (71°C). Stir as required.
- 2a. Combine ingredient in section 2 and cook over low heat to 160°F (71°C) or until currants are tender.
 - b. Add to above.
- 3a. Combine ingredients in section 3 to make a starch/flour slurry. When making a slurry using flour, the liquid should always be added to the dry ingredients.
 - b. Add to above.
 - c. Heat to 180°F (82°C).
 - d. Add back water to maintain formula weight or volume.
 - e. Cool to 50°F (10°C).
 - f. Use as required in other production guides.

NOTES:

1. Formula (100 servings) makes 1.5 gal (12.5 lb). One gallon weighs 8.3 lb.
2. Use within 2 hours or refrigerate and use within 24 hours.

CURRENT SAUCE

Na/R and/or Cal/R, Type II HLP, Diab, Bland

Ingredients

Vegetables

1. Juice, lemon, frozen, concentrated - NSN-8915-00-411-2676, MIL-J-11174.

Bakery and Cereal Products

2. Flour, wheat, general purpose - NSN-8920-00-140-7748, N-F-00481, Type III, Class B, Style 2.

Condiments and Related Products

3. Mace, ground - NSN-8950-00-535-3037, Fed. EE-S-631, Type II.

4. Vinegar, cider, 50 grain strength - NSN-8950-00-221-0297, Fed. Z-V-401, Type 1.

Special Procurement

5. Calcium saccharin - available through Mitsubishi International Corporation, New York, NY.

6. Carmel color, powder (88A-0-Acidproof) - Corn Sweeteners, Incorporated, Cedar Rapids, IA.

7. Currants - Currants (Regent California Currants) is available through Del Rey Packing Company, Del Rey, CA.

8. Starch, modified (Col-Flo 67) - available through National Starch and Chemical Corporation, Bridgewater, NY. - or -

Starch, modified (Rezista) - available through A. E. Staley Manufacturing Company, Decatur, IL.

Cal/R and/or Na/R, Type II HLP, Diab, Bland

2 oz (57 g)

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MINT SAUCE

Cal/R and/or Na/R Type II HLP, Diab, Bland

PROCEDURE:

1. Combine all ingredients listed in section 1 and heat to 160°F (71°C). Stir as required.
- 2a. Combine all ingredients listed in section 2 and add to above.
- b. Continue cooking over low heat until temperature reaches 180°F (82°C). Stir as required.
- c. Add back water to maintain formula weight or volume.
- d. Cool to 50°F (10°C).
- e. Use as required in other production guides.

NOTES:

1. Formula (100 servings) makes 1.3 gallons (12.5 lb). One gallon weighs 9 lb.
2. Use within 2 hours or refrigerate and use within 24 hours.
3. This production guide may be used interchangeably for Cal/R, Type II HLP, Diabetic, Bland diets and Na/R, Type II HLP, Diabetic, Bland diets.

MINT SAUCE

Cal/R and/or Na/R Type II HLP, Diab, Bland

Ingredients:

Bakery and Cereal Products

1. Flour, wheat, general purpose - NSN-8920-00-140-7748,
Fed. N-F-00481, Type III, Class B, Style 2.

Condiments and Related Products

2. Vinegar, distilled - NSN-895-00-221-0297, Fed. EE-Z-401,
Type II, Strength B.

Special Procurement

3. Calcium Saccharin - Available through Mitsubishi International
Corporation, New York, NY.

4. Caramel color, powder (88A-0, acidproof) - Available through
Corn Sweetners, Inc., Cedar Rapids, IA.

5. Spearmint flavor, Flavor Cap #30027 - Available through
McCormick Industrial Flavor Div., McCormick Co., Hunt Valley, MD.

6. Starch, modified (Col4Flo 67) - Available through National
Starch and Chemical Corp., Bridgewater, NY - or -

Starch, modified (Rezista) - Available through A. E. Staley
Manufacturing Co., Decatur, IL.

Sodium restricted, calorie restricted, Type II

HLP, diabetic, bland

sauce production guides

Na/R, Cal/R Type II HLP, Diab, Bland

3 oz (85 g)

Ingredients	Percent	100 Portions		Volume (liquids)	10 Portions	
		Pounds	Grams		Weight	Measure
1. Tomatoes, crushed, canned, Na/R	61.46	11.52	5225			2 1/3 cup
Juice, lemon, reconstituted	0.15	0.03	14	1 tbsp		1/4 tsp
Smoke flavor	0.12	0.02	9			1/8 tsp
2. Celery, fresh, chopped	9.65	1.81	821			1/2 cup
Water	8.37	1.57	712	3/4 qt		1/3 cup
Mushrooms, sliced, fresh	4.86	0.91	413			1/4 cup
Carrots, diced	4.52	0.85	385			1/4 cup
3. Water	8.37	1.57	712	3/4 qt		1/3 cup
Starch, modified	1.70	0.32	145			5 tsp
Flour, wheat general purpose	0.80	0.15	68			2 1/4 tsp
TOTALS	100.00	18.75	8504			

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CREOLE SAUCE

Na/R, Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

1. Dilute concentrated juice to single strength. Combine the required amount of lemon juice with remainder of ingredients in section 1 and heat over low flame to 160°F (71°C). Stir as required.

2a. Wash mushrooms and drain. Slice drained mushrooms and combine with water and heat to 160°F (71°C).

b. Add these cooked vegetables with residual water to above and cook over medium heat until temperature reaches 160°F (71°C).

3a. Combine ingredients listed in section 3 and add to above. Cook over medium heat until temperature reaches 180°F (82°C).

b. Add back water to maintain formula weight or volume.

c. Cool to 50°F (10°C).

d. Use as required in other production guides.

NOTES:

1. Formula (100 servings) makes 2.1 gallon (18.75 lb). One gallon weighs 8.75 lb.

2. Use within 2 hours or refrigerate and use within 24 hours.

CREOLE SAUCE

Na/R, Cal/R, Type II HLP, Diab, Bland

Ingredients

Vegetables

1. Celery, fresh - NSN-8915-00-252-3783, Fed. HHH-V01744/12.
2. Juice, lemon, frozen, concentrated - NSN-8915-00-411-2676, MIL-J-11174.

Bakery and Cereal Products

3. Flour, wheat, general purpose - NSN-8920-00-140-7748, Fed. N-F-00421, Type III, Class B, Style 2.

Special Procurement

4. Carrots, diced, frozen - available through Institutional Food Chains.
5. Smoke Flavor - (Charsol C-6) - available through Red Arrow Products.
6. Mushroom, sliced, fresh - available through Institutional Food Chains.
7. All purpose crushed tomatoes (Monarch Brand - no added salt) - available through California Cannery and Growers, San Francisco, CA.
8. Modified starch (Col-Flo 67) - available through National Starch and Chemical Corp., Bridgewater, NY - or -
Modified starch (Rezista) - available through A. E. Staley Mfg. Co., Decatur, IL.

Na/R, Cal/R, Type II HLP, Diab, Bland

2 oz (57 g)

Ingredients	Percent	100 Portions		Volume (liquids)	10 Portions	
		Pounds	Grams		Weight	Measure
1. Water	50.47	6.301	2858	3 qt		1 1/4 cup
Juice, lemon, single strength	9.50	1.19	540	2 1/4 cup		1/4 cup
Annatto Food Color (see footnote for diluting of this color in ethyl alcohol)	0.15	0.02	9			1/4 tsp
Powder, lemon, imitation flavor	0.05	0.006	2.7			1/8 tsp
Butter, liquid (artificial flavor)	0.025	0.003	1.3			1/8 tsp
2. Water	35.275	4.41	2000	2 1/4 qt		3/4 cup
Starch, modified	2.78	0.35	159			2 tbsp
Flour, general purpose	1.35	0.17	77			2 1/2 tsp
3. Parsley, fresh, chopped	0.40	0.05	23			2 tsp
TOTAL	100.00	12.50	5670			

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LEMON BUTTER SAUCE

Na/R, Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

1. Dilute concentrated lemon juice to single strength. Dilute Annatto Food Color in ethyl alcohol (see note 3 below for dilution directions). Combine the required amount of lemon juice (single strength) with Annatto Food Color diluted in ethyl alcohol with the remaining ingredients in section 1 and cook over medium heat to 160°F (71°C).

2. Make a starch and flour slurry with water in section 2 and add to above mixture. Heat to 180°F (82°C). When making a slurry using flour, the water should always be added to the dry ingredients.

3a. Add chopped parsley to above and stir as required.

b. Add back water to maintain formula weight or volume.

c. Cool to 50°F (10°C).

d. Use as required in other production guides.

NOTES:

1. Formula (100 servings) makes 1.5 gallons (12.5 lb). One gallon weighs 8.5 pounds.

2. Use within 2 hours or refrigerate and use within 24 hours.

3. Annatto Food Color may be diluted with ethyl alcohol to assure better disbursement of color. For 100 portion feeding, 0.02 lb or 9 grams of Annatto Color is required. 0.02 lb of Annatto Color may be diluted in ethyl alcohol as follows:

Add 1.5 grams (approximately 1/2 tsp) of liquid Annatto Color into 60 cc (7 1/2 tablespoons) of ethyl alcohol. This is equal to 0.02 pounds of Annatto Color in the formulation.

LEMON BUTTER SAUCE

Na/R, Cal/R, Type II HLP, Diab, Bland

Ingredients

Vegetable

1. Juice, lemon, frozen, concentrated - NSN-8915-00-411-2676, MIL-J-11174.
2. Parsley, fresh - NSN-8915-00-127-8922, Fed. HHH-V-1744/24.

Bakery and Cereal Products

3. Flour, wheat, general purpose - NSN-8920-00-140-7748, Fed. N-F-00481, Type III, Class B, Style 2.

Special Procurement

4. Butter, artificial flavor, liquid - Artificial butter flavor, (1350 8823 oil soluble flavor) is available through International Flavors and Fragrances, Inc., Teterboro, NJ.
5. Liquid Annatto Food Color, Oil soluble - S. N. 5538 - available through CHR. Hansen's Laboratory, Inc., Milwaukee, Wisconsin.
6. Imitation lemon flavor powder - imitation lemon flavor powder, FOL 610268 is available through Polak Fruit Works, Inc., Middletown, NY.
7. Modified starch (Col-Flo 67) - available through National Starch and Chemical corporation, Bridgewater, NY - or -
Modified starch (Rezista) - available through A. E. Staley Manufacturing Co., Decatur, IL.

Na/R, Cal/R, Type II HLP, Diab, Bland

3 oz (85 g)

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MUSHROOM SAUCE

Na/R, Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

- 1a. Wash fresh mushrooms thoroughly. Slice mushrooms in approximately 1/8 inch slices.
- b. Cook over low heat to 160°F (71°C). Stir as required.
- 2a. Combine all ingredients in section 2 and add sliced mushrooms from Step 1.
- b. Cook over medium heat to 160°F (71°C). Stir as required.
- 3a. Combine ingredients in section 3 and add to above.
- b. Continue cooking over medium heat to 180°F (82°C).
- c. Add back water to maintain formula weight or volume.
- d. Use as required in other production guides.

NOTES:

1. Formula (100 servings) makes 2.2 gallons (18.75 lb) of sauce. One gallon weighs 8.5 lb.
2. Use within 2 hours or refrigerate and use within 24 hours.
3. The addition of 1% potassium chloride (KCl) would markedly improve the flavor of the product.

MUSHROOM SAUCE

Na/R, Cal/R, Type II HLP, Diab, Bland

Ingredients

Bakery and Cereal Products

1. Flour, wheat, general purpose. NSN-8920-00-140-7748, Fed. N-F-00481, Type III, Class B, Style 2.

Special Procurement

2. Beef and vegetable stock, concentrated, Na/R. Glace de Viande. Available from L. J. Minor Corporation, Cleveland, OH.

3. Mushrooms, white, fresh.

4. Starch, modified (Col-Flo 67) - available through National Starch and Chemical Corp., Bridgewater, NY - or -

Starch, modified (Rezista) - available through A. E. Staley Manufacturing Co., Decatur, IL.

TOMATO SAUCE

Na/R, Cal/R, Type II HLP, Diab, Bland

3 oz (85 g)

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TOMATO SAUCE

Na/R, Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

1. Combine ingredients listed in section 1 and cook over medium heat to 160°F (71°C). Stir as required.

2a. Combine ingredients in section 2 and add to above.

b. Continue cooking over medium heat until temperature reaches 160°F (71°C). Stir as required.

3a. Combine ingredients listed in section 3 and add to above. Cook over medium heat until temperature reaches 180°F (82°C). Stir as required.

b. Add back water to maintain formula weight or volume.

c. Cool to 50°F (10°C).

d. Use as required in other production guides.

NOTES:

1. Formula (100 servings) makes 2.2 gallons of sauce (18.75 lb). One gallon weighs 8.5 lb.

2. Use within 2 hours or refrigerate and use within 24 hours.

TOMATO SAUCE

Na/R, Cal/R, Type II HLP, Diab, Bland

Ingredients

Vegetables

1. Celery, fresh - NSN-8915-00-252-3783, Fed. HHH-V-1744/12.

Condiments and Related Products

2. Basil, sweet, ground - NSN-8950-00-404-6066, Fed. EE-S-631, Type II.
3. Oregano, ground - NSN-8950-00-062-8138, Fed. EE-S-631, Type II.

Bakery and Cereal Products

4. Flour, wheat, general purpose - NSN-8920-00-140-7748, Fed. N-F-00481, Type III, Class B, Style 2.

Special Procurements

5. All purpose crushed tomato (Monarch Brand-no added salt) - available through Monarch Institutional Foods, Greenville, SC.
6. Beef and vegetable stock concentrate (Glace de Viande, Sodium and Calorie restricted) - available through L. J. Minor Corporation, Cleveland, OH.
7. Carrots, diced, frozen.
8. Tomato juice, Na/R - available through John Sexton Co., Chicago, IL.
9. Tomato paste (Red Neck Brand-no added salt) - available through California Cannery and Growers, San Francisco, CA.
10. Modified Starch (Col-Flo 67) - available through National Starch and Chemical Corporation, Bridgewater, NY. - or -
Modified Starch (Rezista) - available through A. E. Staley Manufacturing Co., Decatur, IL.

VEGETABLE SAUCE

Na/R, Cal/R, Type II HLP, Diab, Bland

Each Portion

3 oz (85 g)

Ingredients	Percent	100 Portions		Volume (liquids)	10 Portions	
		Pounds	Grams		Weight	Measure
1. Water	21.81	4.09	1856	2 qt		3/4 cup
Peas, green, canned, drained, Na/R	3.28	0.62	281			3 tbsp
Carrots, diced, frozen	2.13	0.40	182			2 tbsp
Celery, chopped, fresh	2.13	0.40	182			2 tbsp
2. Tomato, crushed canned, Na/R	30.77	5.77	2620			1 cup
Tomato paste, canned, Na/R	4.00	0.75	340			2 tbsp
Beef and vegetable stock, concentrate Na/R	2.45	0.46	209			5 tsp
Vinegar, distilled or cider (5%)	1.67	0.31	141	2/3 cup		1 tbsp
Bay leaves, ground	0.03	0.005	2			1/8 tsp (pinch)
Thyme, ground	0.03	0.005	2			1/8 tsp (pinch)
3. Water	28.00	5.25	2384	2 1/2 qt		1 cup
Starch, modified	2.50	0.47	213			7 1/2 tsp
Flour, wheat, general purpose	1.20	0.22	100			1 tbsp
TOTALS	100.00	18.75	8512			
			214			

VEGETABLE SAUCE

Na/R, Cal/R, Type II HLP, Diab, Bland

PROCEDURE:

1. Combine ingredients in section 1 and cook over low heat to 160°F (71°C). Stir as required.
2. Combine ingredients in section 2 and add to above. Continue cooking over heat. Stir as required.
- 3a. Combine ingredients in section 3 and add to above. Continue cooking over low heat to 180°F (82°C). Stir as required.
- b. Add back water to maintain formula weight or volume.
- c. Cool to 50°F (10°C).
- d. Use as required in other production guides.

NOTES:

1. Formula (100 servings) makes 2.2 gallons sauce (18.75 lb). One gallon weighs 8.5 lb.
2. Use within 2 hours or refrigerate and use within 24 hours.

VEGETABLE SAUCE

Na/R, Cal/R, Type HLP, Diab, Bland

Ingredients

Vegetables

1. Celery, fresh - NSN-8915-00-252-3783, Fed. HHH-V-1744/12.
2. Parsley, fresh - NSN-8915-00-127-8922, Fed. HHH-V-1744/24.

Bakery and Cereal Products

3. Flour, wheat, general purpose - NSN-8920-00-140-7748, N-F-00481, Type III, Class B, Style 2.

Condiments and Related Products

4. Thyme, ground - NSN-8959-00-538-1568, Fed. EE-S-631, Type II.
5. Vinegar, cider or distilled, 50 grain - NSN-8959-00-221-0297, Fed. Z-V-401, Type I or II.

Special Procurement

6. Bay leaves, ground.
7. Beef and vegetable stock concentrate (Glace de Viande, Sodium and calorie restricted) - available through L. J. Minor Corp., Cleveland, OH.
8. Carrots, diced, frozen.
9. Starch, modified (Col-Flo 67) - available through National Starch and Chemical Corp., Bridgewater, NY - or -
Starch, modified (Rezista) - available through A. E. Staley Manufacturing Co., Decatur, IL.
10. Sweet peas, dietetic (Monarch Brand - no added sugar or salt). Available through Monarch Institutional Foods, Greenville, SC.
11. Tomatoes, crushed (Monarch Brand - no added salt). Available through Monarch Institutional Foods, Greenville, SC.
12. Tomato paste, canned (Red Neck Brand - no added salt). Available through California Cannery and Growers, San Francisco, CA.

TABLE I
SENSORY EVALUATIONS OF MODIFIED MEAT ENTREES
Cal/R, Type II HLP, Diabetic Bland

	Recipe Number	Page Number	Color	Odor	Flavor	Texture	Appearance
Beef	Baked Salisbury Steak w/Mushroom Sauce	MM1	18	7.1	7.1	7.3	7.2
	Beef Stew	MM2	22	6.8	7.2	6.5	7.0
	Broiled Chopped Beef *	MM20	84	6.8	6.5	6.6	6.2
	Broiled Chopped Beef **	MM20	84	7.0	6.5	6.2	6.7
	Grilled Loin Steak *	MM21	87	6.9	7.0	7.0	6.7
	Grilled Loin Steak **	MM21	87	6.8	6.7	6.6	7.0
	Italian Meatballs w/Tomato Sauce	MM13	26	7.2	6.9	7.1	7.2
	Roast Beef w/Vegetable Sauce	MM4	29	7.0	7.1	6.8	7.0
	Steak Braised w/Mushrooms	MM5	32	6.8	6.6	6.5	6.8
	Yankee Pot Roast	MM6	35	7.0	6.8	7.1	7.0
Fish	Baked Mackerel *	MM22	90	7.1	6.9	7.0	7.1
	Baked Mackerel **	MM22	90	6.9	6.4	6.6	6.8
	Creole Halibut	MM7	39	7.1	6.7	7.0	7.1
	Lemon Baked Perch Fillets	MM8	42	7.3	7.1	7.1	7.3
	Salmon Patties w/Lemon Sauce	MM9	45	6.6	6.7	6.4	6.5
	Tuna Patties w/Lemon Sauce	MM10	49	7.1	6.6	7.0	7.1
	Baked Ham w/Cherry Sauce	MM11	53	6.4	6.8	6.9	6.5
Lamb	Roast Lamb w/Mint Sauce **	MM23	93	6.9	7.0	6.3	6.9
Pork	Baked Pork Chops *	MM24	96	6.8	6.9	6.5	6.8
	Baked Pork Chops **	MM24	96	6.9	6.8	6.1	6.8
	Roast Pork Loin *	MM25	98	7.2	6.9	6.7	7.0
	Roast Pork Loin **	MM25	98	7.0	6.8	6.2	6.9
Poultry	Chicken Caocatore	MM12	56	7.1	6.9	6.9	7.0
	Lemon Baked Chicken **	MM26	101	6.9	6.5	6.3	6.9
	Roast Chicken	MM13	60	6.9	7.0	7.1	6.7
	Roast Turkey	MM14	64	7.2	7.0	6.8	7.0
Rabbit	Roast Rabbit w/Mushroom Sauce	MM15	68	7.2	7.1	7.2	7.2

TABLE I Continued

	Recipe Number	Page Number	Color	Odor	Flavor	Texture	Appearance
Veal	Broiled Veal Patty *, **	105	7.1	6.8	6.8	7.0	7.2
	Baked Veal Patty **		6.8	6.6	6.5	6.2	6.7
	Grilled Veal Cutlet w/Vegetable Sauce	71	7.0	6.9	6.9	6.6	7.0
	Italian Veal Balls w/Tomato Sauce	74	7.0	7.0	6.5	6.7	7.1
	Roast Veal Leg w/Currant Sauce **	108	7.1	7.3	6.7	7.3	6.9
	Veal Loaf w/Vegetable Sauce	77	7.0	6.9	7.0	6.9	6.8
	Veal Steak Braised w/Mushrooms	80	6.9	6.9	6.9	7.2	6.9

* coated with a 1% carrageenan coating

** also suitable for Na/R diets

*** based on a 9-point scale in which 1= extremely poor, 9= excellent

TABLE II
NUTRITIONAL ANALYSIS OF MODIFIED MEAT ENTREES
Cal/R, Type II HLP, Diabetic, Bland

	Edible Portion Serving Size (g)	Cal Serving	H ₂ O g/Serving	Protein g/Serving	Fat g/Serving	Ash g/ Serving	Carbo- hydrate g/Serving	Salt g/ Serving	Ca mg/ Ser- ving	P mg/ Ser- ving	Fe mg/ Ser- ving	Na mg/ Ser- ving	K mg/ Ser- ving	Mg mg/ Ser- ving
Beef	Baked Salisbury Steak w/ Mushroom Sauce	185	278	134	16.9	2.5	9.2	1.3	57	228	4.4	586	352	23
	Beef Stew	227	199	179	4.3	3.7	8.2	1.8	48	297	4.8	912	559	36
	Braised Chopped Steak *	85	130	56	3.4	1.2	0.0	0.0	2	230	3.0	31	377	22
	Grilled Loin Steak *	85	209	48	12.5	0.9	0.1	0.0	8	186	3.1	42	304	18
	Italian Meatballs w/ Tomato Sauce	170	172	128	3.0	2.8	11.8	1.3	75	252	4.1	382	750	40
	Roast Beef w/Vegetable Sauce	170	193	126	5.1	2.4	7.5	1.6	9	255	5.1	465	522	26
	Steak Braised w/Mushrooms	170	160	133	4.4	4.9	4.9	1.8	5	212	3.9	508	377	19
Fish	Yankee Pot Roast	170	210	123	6.8	2.8	5.2	1.9	15	284	5.1	544	597	33
	Baked Mackerel *	85	168	56	10.2	1.0	0.0	0.04	22	210	0.42	37	278	23
	Creole Halibut	177	156	141	4.4	2.5	2.2	0.8	49	320	1.2	227	697	38
	Lemon Baked Perch Fillets	142	110	115	3.5	2.7	1.2	3.9	53	180	0.3	798	290	20
	Salmon Patties w/Lemon Sauce	157	240	104	8.1	3.2	15.1	2.0	240	320	2.0	680	374	30
	Tuna Patties w/Lemon Sauce	157	172	114	1.7	2.2	11.3	2.1	61	215	1.5	871	359	28
	Baked Ham w/Cherry Sauce	142	141	111	5.7	2.9	5.0	1.9	14	229	3.3	825	331	20
Lamb	Roast Lamb w/Mint Sauce *	142	208	101	9.2	1.2	0.0	0.0	8	189	4.5	61	355	77
Pork	Baked Pork Chops *	85	257	42	17.5	1.1	0.0	0.0	24	244	1.4	45	353	20
	Roast Pork Loin *	85	233	46	15.6	1.0	0.0	0.0						
Poultry	Chicken Cacciatore	170	215	126	9.6	2.3	4.1	1.5	44	196	3.2	442	456	28
	Lemon Baked Chicken *	142	180	102	5.1	1.2	2.8	0	13	268	1.1	40	373	32
	Roast Chicken	142	174	103	4.8	1.6	0.4	1.3	22	229	0.7	267	369	25
	Roast Turkey	142	131	109	0.9	1.4	0.3	1.4	6	199	1.1	291	297	21
Rabbit	Roast Rabbit w/Mushroom Sauce	213	203	164	3.8	2.9	0.0	1.4	17	226	1.7	622	569	41

TABLE II Continued

	Edible Portion Serving Size (g)	Cal Serving	H ₂ O g/Serving	Protein g/Serving	Fat g/Serving	Ash g/ Serving	Carbo- hydrate g/Serving	Salt g/ Serving	Ca mg/ Ser- ving	P mg/ Ser- ving	Fe mg/ Ser- ving	Na mg/ Ser- ving	K mg/ Ser- ving	Mg mg/ Ser- ving
Veal														
Baked Veal Patty *	85	201	50	23.0	12.1	0.9	0.0	0.1	5	172	0.9	46	280	17
Grilled Veal Outlet w/ Vegetable Sauce	170	181	129	28.8	5.2	2.3	4.7	1.5	16	248	3.4	440	408	31
Italian Veal Balls w/ Tomato Sauce	170	141	135	18.4	2.0	2.6	12.4	1.2	76	218	2.4	348	746	37
Roast Veal Leg w/Currant Sauce	142	211	98	20.6	8.0	1.3	14.1	0.4	34	172	2.1	115	379	23
Veal Loaf w/Vegetable Sauce	185	248	137	20.8	13.5	3.0	10.7	1.8	30	196	1.8	734	451	27
Veal Steak Braised w/ Mushrooms	170	150	136	22.8	4.7	2.3	4.0	2.0	23	189	2.4	575	336	18

* Also suitable for a Na/R, Cal/R, Type II HLP, Diabetic, Bland diet.

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MODIFIED MEAT ENTREES

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Steak Braised with Mushrooms

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